

FLEXIJOINT 3-IN-1 JOINT CARE POWDER

Glucosamine HCl, Chondroitin Sulfate, Methylsulfonylmethane (1500mg, 1200mg, 900mg)

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What flexijoint 3-in-1 Joint Care Powder is used for

flexijoint 3-in-1 Joint Care Powder is used as adjuvant therapy for osteoarthritis.

How flexijoint 3-in-1 Joint Care Powder works

flexijoint 3-in-1 Joint Care Powder contains Glucosamine which forms cartilage tissue in the body and provides lubricant activity by increasing synovial fluid production. Chondroitin is an important structural component of cartilage and provides much of its resistance to compression. Methylsulfonylmethane (MSM) blocks the inflammatory process and has been used as an application for pain relief over arthritis joints.

Before you use flexijoint 3-in-1 Joint Care Powder

- When you must not take it

Do not take this product if you are allergic (hypersensitivity) to Glucosamine, Chondroitin and MSM. This product should not be given to patients who allergic to shellfish.

- Before you start to use it

This product should only be used under medical supervision in pregnancy and lactating mothers. Administration during the first 3 months of pregnancy must be avoided.

- Taking other medicines

Glucosamine may reduce the effectiveness of antidiabetic agent such as Acarbose, Acetohexamide, Chlorpropamide, Glipizide, Glyburide, Metformin, Miglitol, Pioglitazone, Repaglinide, Rosiglitazone, Glimepiride, Tolbutamide and Troglitazone.

Glucosamine may also reduce the effectiveness of anticancer agent such as Doxorubicin, Etoposide and Teniposide.

Concomitant use of Glucosamine potentiates the effect of Warfarin. Chitosan may form complexes with Chondroitin Sulphate decreasing its absorption.

How to take flexijoint 3-in-1 Joint Care Powder

- How much to take

Adults:

Take the content of 1 sachet (dissolved in 250ml water) once daily before meal or as directed by healthcare professional.

- When to take it

May be taken before food.

- How long to take it

Take as directed by your doctor or pharmacist.

- If you forget to take it

If you forget to take flexijoint 3-in-1 Joint Care Powder, take it as soon as you remember. Never double up on the next dose to make up for the one missed.

- If you take too much (overdose)

No cases of accidental overdose are known or have been reported.

While you are using flexijoint 3-in-1 Joint Care Powder

- Things you must do

Glucosamine treats the underlying cause of osteoarthritis and the therapeutic effect can only be seen after 2 to 3 weeks. Therefore, it is advisable to take a pain killer or anti-inflammatory drug if required during the first 2 to 3 weeks of therapy with Glucosamine.

A doctor should be consulted in order to exclude the presence of other joint conditions / diseases for which an alternative treatment should be considered.

- Things you must not do

Safety and effectiveness have not been established in children, therefore children should avoid using it.

- Things to be careful of

The administration in patients with severe hepatic or renal insufficiency should be made under medical supervision.

Side Effects

Peripheral oedema (swelling) and tachycardia (increased heartbeat) were reported in a few patients following larger clinical trials investigating oral administration in osteoarthritis. Causal relationship (cause-effect relationship) has not been established; Drowsiness, headache, insomnia (sleeping difficulty) have been observed rarely during therapy (less than 1%); Nausea, vomiting, diarrhoea, dyspepsia (indigestion) or gastric pain, constipation, heartburn and anorexia (loss of appetite) have been described rarely during oral therapy with glucosamine; Skin reactions such as erythema (abnormal redness of skin) and pruritus (itching) have been reported with therapeutic administration of glucosamine.

You may report any side effects or adverse drug reactions directly to the National Centre for Adverse Drug Reaction Monitoring by calling Tel: 03-78835550, or visiting the website npra.moh.gov.my (Public → Reporting Side Effects to Medicines (ConSERF) or Vaccines (AEFI)).

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Storage and Disposal of flexijoint 3-in-1 Joint Care Powder

- Storage

- Store below 30°C.
- Protect from light, heat and moisture.
- Keep out of reach of children.

- Disposal

Do not take this after the expiry date. An expiry date is printed on the label and box of the medicine.

Product Description

- What it looks like

White coloured, fine powder with orange flavour. It dissolves in water to form a colourless translucent solution.

Ingredients

Active ingredient

Each sachet contains Glucosamine 1500mg, Chondroitin 1200mg and MSM 900mg.

Inactive Ingredients

Isomalt, Orange Durarome, Orange Juice Flavour Powder, Citric Acid and Sucralose.

- MAL Number:

MAL14095056X

Manufacturer and Product Registration Holder

Winwa Medical Sdn. Bhd.
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