

NUTRAVITA GLUCOSAMINE 1500MG POWDER

Glucosamine Sulphate Sodium Chloride 1884mg (equivalent to Glucosamine Sulphate 1500mg)

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What *Nutravita Glucosamine Sulphate NaCl* is used for

Nutravita Glucosamine Sulphate NaCl is adjunctive therapy in osteoarthritis (a condition that causes joints to become painful and stiff)

How *Nutravita Glucosamine Sulphate NaCl* works

Glucosamine helps to form cartilage tissue in the body. Glucosamine is also present in tendons and ligaments. It has lubricant activity by increasing synovial fluid production.

Before you use *Nutravita Glucosamine Sulphate NaCl*

- When you must not use it

Do not take medicine if:

- you are allergy to glucosamine phosphate
- you are allergy to selfish
- you are taking warfarin or other coumarin anticoagulants
- you are taking oral tetracyclines
- you have impaired renal function

- you have impaired liver function

- Before you start to use it

Glucosamine is a causal therapy and the therapeutic effect can only be seen after approximately 1 week from the beginning. Therefore, in case of intense pains, it is advisable to take an anti-inflammatory drug in addition during the first days of treatment with glucosamine.

Tell your doctor and pharmacist if you have had any of the following medical conditions:

- Diabetes

Please consult your doctor or pharmacist if you are pregnant, or planning for pregnancy or breastfeeding before using any medicine.

- Taking other medicines

Inform your doctor if you are taking antidiabetic medication, warfarin or tetracyclines.

Tell your doctor if you are taking any other medicines, including any that you buy without a prescription from a pharmacy, supermarket or health food shop.

How to use *Nutravita Glucosamine Sulphate NaCl*

- How much to use

1 sachet daily. Dissolve the powder in a glass of water (250ml) and drink it.

Glucosamine is not used for the treatment of acute painful symptoms. Relief of symptoms (especially pain relief) may not be experienced until after some weeks of treatment or sometimes even longer. If your symptoms do not get better after 2- 3 months, you should speak to your doctor or pharmacist as

you may need to consider other treatment.

- When to use it

Use as directed by your doctor or pharmacist.

- How long to use it

Use *Nutravita Glucosamine Sulphate NaCl* for the duration that the doctor recommends.

- If you forget to use it

Consult your doctor or pharmacist on what you should do if you forget to use it.

Take the missed dose as soon as you remember. If it is almost time for your next dose, wait until then to take the medicine and skip the missed dose. Do *Glucosamine Sulphate NaCl* planning for pregnancy or not take a double dose to make up for the missed dose.

- If you use too much (overdose)

Contact your doctor immediately or go to the Emergency Department of your nearest hospital, if you think you or anyone else may have use too much of this medicine. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention.

Taking too many sachets may cause headache, dizziness, disorientation, nausea, vomiting, diarrhoea or constipation.

While you are using it

- Things you must do

Use your medicine exactly as your doctor has told you.

Tell all the doctors, dentists and pharmacists treating you that you are using *Nutravita Glucosamine Sulphate NaCl*.

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Monitor blood glucose level closely if you are using insulin or have high HbA1c levels.

- Things you must not do

Do not stop using the medicine unless advised by your doctor.

Do not use any new medicines without consulting your doctor or pharmacist.

Do not give Nutravita Glucosamine Sulphate NaCl to anyone else, even if they have the same symptoms or condition as you.

- Things to be careful of

Driving and using machines

The effect on ability to drive and use machine is not known.

If the sachets make you feel sick, dizzy or tired, or give you a headache, do not drive or use machines and contact your doctor immediately.

Side effects

Like all medicines, Nutravita Glucosamine Sulphate NaCl can cause side effects, although not everybody gets them.

Visit your doctor or pharmacist immediately if you experience any side effects after using this medicine.

Cardiovascular:

Peripheral oedema (swelling in your lower legs or hands), tachycardia (a condition where the heart beats at a faster rate than normal)

Central nervous system:

Drowsiness, headache, insomnia

Gastrointestinal:

Nausea, vomiting, diarrhoea, dyspepsia

(indigestion) or epigastric pain, constipation, heartburn and anorexia

Skin:

Skin reaction such as erythema (redness of skin) and pruritus (itchy skin).

You may report any side effects or adverse drug reactions directly to the National Centre for Adverse Drug Reaction Monitoring visiting the website npdra.gov.my [Consumers→Reporting Side Effects to Medicines (ConSERF) or Vaccines (AEFI)]

Storage and Disposal of Nutravita Glucosamine Sulphate NaCl

- Storage

Keep out of the reach and sight of children.

Store below 30 °C.

- Disposal

Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

Product Description

- What it looks like

White or almost white crystalline powder is filled in aluminium sachet. The solution is clear and colourless with salty taste after dissolved the powder in water.

- Ingredients

Active ingredient:

Glucosamine Sulphate Sodium Chloride

Inactive ingredients:

None

- MAL number(s)

MAL22106024XC

Manufacturer

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Product Registration Holder

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