

# NUTRAVITA GLUCOSAMINE CHONDROITIN MSM CAPSULE

Glucosamine Sulphate/ Chondroitin Sulphate/ Methylsulfonylmethane (250mg/ 200mg/ 100mg)

## What is in this leaflet

1. What NUTRAVITA GLUCOSAMINE CHONDROITIN MSM CAPSULE is used for
2. How NUTRAVITA GLUCOSAMINE CHONDROITIN MSM CAPSULE works
3. Before you use NUTRAVITA GLUCOSAMINE CHONDROITIN MSM CAPSULE
4. How to use NUTRAVITA GLUCOSAMINE CHONDROITIN MSM CAPSULE
5. While you are using it
6. Side effects
7. Storage and Disposal of NUTRAVITA GLUCOSAMINE CHONDROITIN MSM CAPSULE
8. Product Description
9. Manufacturer and Product Registration Holder
10. Date of RiMUP revision

## What NUTRAVITA GLUCOSAMINE CHONDROITIN MSM CAPSULE is used for

It is used as adjuvant therapy for osteoarthritis.

## How NUTRAVITA GLUCOSAMINE CHONDROITIN MSM CAPSULE works

It contains glucosamine which can stimulate the production of cartilage-building compounds, restore damaged cells of cartilage tissue and has some anti-inflammatory abilities. It also contains chondroitin that needed for the making of cartilage- building compounds and helps to keep cartilage healthy by absorbing and retaining water in the joint as well as MSM that can help to form connective tissues.

## Before you use NUTRAVITA GLUCOSAMINE CHONDROITIN MSM CAPSULE

### - When you must not use it

Do not use it if you are allergic to any

ingredients that are contained in this capsule.

Do not use it if you are allergic to seafood.

### - Before you start to use it

Available evidence is inconclusive or inadequate for use in pregnant or lactating mothers. Until more information is available, this product should only be used under medical supervision in pregnancy and lactating mothers if the potential benefit to the mother justifies the potential risk to the fetus.

Administration during the first 3 months of pregnancy must be avoided.

### - Taking other medicines

Please inform the doctor or pharmacist if taking other medicines.

## How to use NUTRAVITA GLUCOSAMINE CHONDROITIN MSM CAPSULE

### - How much to use

Best to be taken on an empty stomach (30 mins before meals).

Light or moderate osteoarthritis symptoms:  
2 capsules to be taken twice daily for at least 6 weeks (or according to medical prescription).

Severe osteoarthritis symptoms (or according to medical prescription):  
Initial therapy: 2 capsules to be taken 3 times daily is recommended for at least 8 weeks.

Follow all directions given to you by your doctor and pharmacist carefully. They may differ from the information contained in this leaflet. If you do not understand the instructions on the label, ask your doctor or pharmacist for help.

### - When to use it

Please follow the advice of the doctor or pharmacist.

### - How long to use it

Maintenance therapy should be followed for 3- 4 months (or according to medical prescription) by administration of 2 capsules twice daily.

The treatment should be repeated every other 6 months or less according to medical prescription.

### - If you use too much (overdose)

If you have used too much NUTRAVITA GLUCOSAMINE CHONDROITIN MSM CAPSULE, contact your doctor, an emergency department or a poisoning center immediately.

## While you are using NUTRAVITA GLUCOSAMINE CHONDROITIN MSM CAPSULE

### - Things you must do

Inform your doctor or pharmacist of all the medications you are taking.

### - Things you must not do

Do not take any new medicines without consulting your doctor.

Do not give NUTRAVITA GLUCOSAMINE CHONDROITIN MSM CAPSULE to anyone else, even if they have the same symptoms or condition as you.

## Side effects

Cardiovascular: Peripheral oedema, tachycardia were reported in a few patients following larger clinical trials investigating oral administration in osteoarthritis. Causal relationship has not been established.

Central Nervous System: Drowsiness, headache, insomnia have been observed rarely during therapy (less than 1%).

Gastrointestinal: Nausea, vomiting, diarrhea, dyspepsia or epigastric pain, constipation, heartburn and anorexia have been described rarely during oral therapy with glucosamine.

# NUTRAVITA GLUCOSAMINE CHONDROITIN MSM CAPSULE

Glucosamine Sulphate/ Chondroitin Sulphate/ Methylsulfonylmethane (250mg/ 200mg/ 100mg)

---

Skin: Skin reactions such as erythema and pruritus have been reported with therapeutic administration of glucosamine.

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

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

## **Storage and Disposal of NUTRAVITA GLUCOSAMINE CHONDROITIN MSM CAPSULE**

### -Storage

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

### -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 colour powder filled in hard capsule.  
Capsule colour: scarlet-scarlet  
Capsule size 0  
No marking on capsule.

### - Ingredients

- Active ingredients  
Glucosamine Sulphate Sodium Chloride 314mg (equivalent to Glucosamine Sulphate 250mg),  
Chondroitin Sulphate 200mg,  
Methylsulfonylmethane (MSM) 100mg.

- Inactive ingredients:  
No excipients.

**MAL number:**  
MAL25056044XC

**Manufacturer**  
Syarikat Wen Ken Drug Sdn Bhd  
24, Jalan Lambak, Taman Johor,  
81200 Johor Bahru, Johor, Malaysia.

**Product Registration Holder**  
Eucogen Pharma Sdn Bhd  
6A, Jalan Sungai Burung U 32/U,  
Bukit Rimau,  
40460 Shah Alam, Selangor,  
Malaysia

**Date of revision**  
22/04/2025

**Serial Number**  
NPRA (R2) 25/033

# **NUTRAVITA GLUCOSAMINE CHONDROITIN MSM CAPSULE**

Glucosamine Sulphate/ Chondroitin Sulphate/ Methylsulfonylmethane (250mg/ 200mg/ 100mg)

---