LAC JOINT PROTEC COMPLEX FILM-COATED TABLET

Glucosamine Hydrochloride/ Chondroitin Sulfate/Methylsulfonylmethane (500mg/400mg/300mg)

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What *LAC Joint Protec Complex* is used for

Use as an adjunctive therapy in degenerative joint arthritis caused by loss of cartilage in the joints.

How *LAC Joint Protec Complex* works

It may play a role in the promotion, maintenance of the structure and function of cartilage in the joints of the body. Glucosamine/Chondroitin/MSM may also have anti-inflammatory properties.

Before you use *LAC Joint Protec Complex*

-When you must not use it

Do not use if you are hypersensitive to Glucosamine or if you are allergic to shellfish. Because of insufficient safety data, children, pregnant women and nursing mothers should avoid using *LAC Joint Protec Complex*. If you are pregnant or lactating and need to use Glucosamine, use only under medical supervision.

- Before you start to use it

Tell your doctor if you have any medical conditions.

-Taking other medicines

Glucosamine may increase insulin resistance and consequently affect glucose tolerance. If you are a diabetic, a doctor may need to adjust the dose of the medications you take to control blood glucose. No other medicine, nutritional supplement, food or herb interaction is known. Those taking warfarin and those with hemophilia (blood disorder) should exercise caution in its use. Chondroitin should not be used concomitantly with chitosan.

How to use *LAC Joint Protec Complex*

-*How much to use*

Light to Moderate Symptoms: 1 tablet twice daily at least 6 weeks, before meals (or according to medical prescription)
Severe Symptoms:
Initial therapy: 1 tablet, 3 times daily during a period of at least 12 weeks.
Follow-up therapy: Maintenance therapy should be followed for 3-4 months (or according to medical prescription) by administration of 1 tablet taken twice daily.

-When to use it

Use as directed by your doctor or pharmacist.

-How long to use it

Continue taking *LAC Joint Protec Complex* for as long as your doctor or pharmacist 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 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 taken too much of this medicine. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention.

While you are using *LAC Joint Protec Complex*

-Things you must do

Those with type 2 diabetes, overweight and have a problem with glucose tolerance should have their blood glucose carefully monitored.

-Things you must not do

Do not take any new medicine without consulting your doctor or pharmacist.

-Things to be careful of

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

Side Effects

Cardiovascular:
Accumulation of fluid that causes swelling in the lower limbs and rapid heart beat.

Central nervous system:
Sleepiness, headache and not able to sleep is rare (less than 1%).

Gastrointestinal:
Nausea, vomiting, diarrhea, indigestion or pain in the upper abdomen, constipation, heartburn and loss of appetite have been rarely described.

Skin :
Skin reactions such as redness and itching have been reported.

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

Storage and Disposal of *LAC Joint Protec Complex*

-Storage

Store in a dry place below 30°C in a tightly closed container. 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*

A white color film coated elliptical tablet.

-*Ingredients*

-Active ingredients

Glucosamine Hydrochloride 500mg
Chondroitin Sulfate 400mg
Methylsulfonylmethane 300mg

-Inactive ingredients:
Microcrystalline cellulose, polyvinylpyrrolidone, polyvinyl alcohol, crospovidone, copovidone, magnesium stearate, talc, lecithin, xanthan gum, titanium dioxide

-*MAL number*

MAL23086024XC

Product Registration Holder:
LAC Global Brands (Malaysia) Sdn. Bhd. (545007-W),
No 8, Jalan 6/91, Taman Shamelin Perkasa, Batu 3½, Jalan Cheras, 56100 Kuala Lumpur.

Manufactured for LAC Global Pte. Ltd. (a subsidiary of V3 Brands) by
Y.S.P Industries (M) Sdn. Bhd,
Lot 3, 5, 7, 12 & 14, Jalan P/7, Section 13,
Kawasan Perindustrian Bandar Baru Bangi, 43300 Kajang, Selangor.

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