

MANNINGS GUARDIAN 3-IN-1 JOINT FLEX CAPSULES

Glucosamine Sulphate 250mg, Chondroitin Sulphate Sodium 200mg, MSM 100mg

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What Mannings Guardian 3-IN-1 JOINT FLEX Capsules is used for

It is used as adjuvant therapy for osteoarthritis.

How Mannings Guardian 3-IN-1 JOINT FLEX Capsules works

It contains glucosamine which can stimulates 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 Mannings Guardian 3-IN-1 JOINT FLEX Capsules

- When you must not use it

Hypersensitivity to glucosamine, chondroitin and MSM or patients who are allergic to seafood/ shellfish.

- Before you start to use it

Talk to your doctor or pharmacist if you are having or have had asthma, diabetes, high cholesterol, high blood pressure, a stroke, heart problems or on a controlled sodium diet as your doctor/ pharmacist may need to monitor you more regularly.

- Taking other medicines

Please inform the doctor or pharmacist if taking other medicines.

How to use Mannings Guardian 3-IN-1 JOINT FLEX Capsules

- How much to use

Adult take 2 capsules 3 times daily before meal or as directed by a doctor or pharmacist.

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

Please follow the advice of the doctor or pharmacist.

- If you use too much (overdose)

No cases of accidental or intentional overdose are known.

While you are using Mannings Guardian 3-IN-1 JOINT FLEX Capsules

- 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.

- Things to be careful of

Ask your health care provider any question you may have about how to use Mannings Guardian 3-IN-1 JOINT FLEX Capsules.

Side effects

Cardiovascular: Peripheral oedema, tachycardia was 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.

Skin: Skin reaction such as erythema and pruritus 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 visiting the website npra.gov.my [Consumers → Reporting Side Effects to Medicines (ConSERF) or Vaccines (AEFI)].

Storage and Disposal of Mannings Guardian 3-IN-1 JOINT FLEX Capsules

- 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.

Product Description

- What it looks like

White colour powder is filled in size 0 scarlet bovine capsule. No marking on the capsule.

- Ingredients

- Active ingredient
Glucosamine Sulphate, Chondroitin Sulphate Sodium, Methylsulfonylmethane (MSM)

- Inactive ingredient
Capsule shell: gelatin from bovine source

- MAL number:

MAL25046044XC

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Manufacturer

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Product Registration Holder

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