

CARTRIL-S[®] CAPSULE/POWDER

Glucosamine Sulfate (500mg/1500mg)

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What Cartril-S is used for

Cartril-S is used as an adjuvant therapy for osteoarthritis, a medical condition where the cartilage that cushions the ends of bones in the joints deteriorates over time, eventually causing pain and affecting mobility.

How Cartril-S works

Glucosamine is a natural component of cartilage – which is found in the joints in between the bones. It is synthesized by the body, but the ability to do so declines with age. Researchers think that taking glucosamine supplements may help increase the cartilage content in the joints.

Before you use Cartril-S

- When you must not take it

You should not use Cartril-S:

- if you are allergic to glucosamine or to any of the other ingredients of Cartril-S whether in the form of capsule or solution.
- if you are allergic to shellfish, as glucosamine is obtained from shellfish.
- if you suffer from a genetic metabolic disorder (phenylketonuria).

- Before you start to take it

Ask a doctor or pharmacist about using Cartril-S if you have:

- Diabetes

- Asthma; you should be aware of potential worsening of symptoms when starting on glucosamine.
- Severe liver or kidney problems.

- Taking other medicines

Tell your doctor or pharmacist if you are taking or have recently taken any other medicines including medicines obtained without a prescription. Caution should be exercised if Cartril-S is combined with medicines such as insulin and oral anti-diabetic agents.

How to take Cartril-S

- How much to take

Adult Dose for:

i) Cartril-S 500mg Capsule: One (1) capsule to be taken twice daily for at least 6 weeks (or according to medical prescription)

ii) Cartril-S 1500mg Powder: Take the content of one sachet (dissolved in a glass of water) once daily.

- When to take it

Take Cartril-S preferably after meals.

- How long to take it

Glucosamine is not indicated for the treatment of acute painful symptoms. It is advisable to take an anti-inflammatory medicine to relief pain in the initial treatment of osteoarthritis together with glucosamine.

If no relief of symptoms is experienced after 3 months, continued treatment with glucosamine should be re-evaluated.

The treatment course may be repeated at intervals of 2 months

- If you forget to take it

Take the next dose as planned. Do not take a double dose to make up for a forgotten one.

- If you take too much (overdose)

If you take more Cartril-S than you should, you must consult your doctor, pharmacist or a hospital.

While you are using Cartril-S

- Things you must do

Ask a doctor or pharmacist about using Cartril-S if you have:

- Diabetes; closer monitoring of blood sugar levels may be necessary when starting treatment with glucosamine.

- Things you must not do

Use during the first three months of pregnancy and breastfeeding must be avoided. Ask your doctor or pharmacist before taking any medicine.

- Things to be careful of

No effects on the ability to drive or to operate machines is expected. If you experience headache or drowsiness while taking Cartril-S, you should not drive or operate machinery.

Side Effects

Like all medicines, Cartril-S can have side effects, although not everyone gets them. The following are reported:

Minor and transient side effects:

- Gastric discomfort
- bloating
- Constipation
- Diarrhoea

Cardiovascular: water retention at the arms or legs, heart rate above normal were reported in a few people.

Central Nervous System: drowsiness headache, sleeping difficulties have been observed rarely occur (less than 1%).

Gastrointestinal: nausea, vomiting, diarrhea, indigestion or epigastric pain, constipation, heartburn and

anorexia (eating disorder) have been describe rarely occur.

Skin: reddening of skin and itching have been reported.

If any of these side effects gets serious, or if you notice any side effects not listed in this leaflet, inform your doctor or pharmacist.

You may report any side effects or adverse drug reactions directly to the National Centre for Adverse Drug Monitoring by calling Tel: 03-78835490, or visiting the website www.npra.gov.my [Consumers → Reporting Side Effects to Medicines (ConSERF) or Vaccines (AEFI)].

Storage and Disposal of Cartril-S

- Storage

Keep your medicine in its original packaging until it is time to take them.

Keep out the reach and sight of children.

Store in a dry place below 30°C.

- Disposal

Dispose after the expiry date on the product. Please consult your pharmacist on how to dispose of medicines no longer required.

Product description

- What it looks like

- i. Cartril-S 500mg Capsule: white to off white powder in a red hard capsule with 'Cartril S' and '500' printing.
- ii. Cartril-S 1500mg Powder: is a white to off-white colour, odourless and tasteless powder.

Cartril-S 500mg Capsule available in 10x10 blister packs and 1500mg Powder pack of in 30 sachets.

- Ingredients

- Active ingredient:

- Cartril-S 500mg: each capsule contains 500mg Glucosamine Sulphate.
- Cartril-S 1500mg: each sachet contains 1500mg Glucosamine Sulphate.

- Inactive ingredient:

Cartril-S 500mg Capsule:

- Magnesium Stearate
- Sodium Starch Glycolate
- Lactose Anhydrous
- Silicon Dioxide

Cartril-S 1500mg Powder:

- Polyethylene Glycol
- Isomalt
- Aspartame

- MAL number:

- i. Cartril-S 500mg Capsule:
MAL06121052X
- ii. Cartril-S 1500mg Powder:
MAL06121054X

Manufacturer

Duopharma Manufacturing (Bangi) Sdn. Bhd (53667-M)
Lot 2&4, Jalan P/7, Section 13, Bangi Industrial Estate, 43650 Bandar Baru Bangi, Selangor Darul Ehsan

Product Registration Holder

Duopharma Marketing Sdn. Bhd. (27754-W)
Lot 2,4,6,8 & 10, Jalan P/7, Section 13, Bangi Industrial Estate, 43650 Bandar Baru Bangi

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