

# DONNA FORTE CAPSULE<sup>®</sup>

Glucosamine Sulphate (500mg)

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## What Donna Forte is used for

Donna Forte is used as an additional treatment for Osteoarthritis, a medical condition where the cartilage that cushions the ends of bones in the joints deteriorate over time, eventually causing pain and affecting mobility.

## How Donna Forte works

Donna Forte contains glucosamine sulphate as an active ingredient. Glucosamine sulphate is a chemical found in the human body. It is used by the body to produce a variety of other chemicals that are involved in building fluid that surrounds joints.

## Before you use Donna Forte

### - When you must not use it

Do not take this medicine if you have an allergy to:

- glucosamine
- shellfish / seafood
- any of the other ingredients listed at the end of this leaflet

Do not use in children under 12 years unless recommended by a doctor.

Do not take this medicine after the expiry date printed on the pack or if the packaging is torn or shows signs of tampering.

If you are not sure whether you should start taking this medicine, talk to your doctor or pharmacist.

### - Before you start to use it

Tell your doctor if you have allergies to any other medicines, foods, preservatives or dyes.

Ask your doctor or pharmacist for advice before taking this medicine if you are pregnant or breastfeeding.

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

- Type 2 diabetes
- Overweight

Those with diabetes, or who are overweight and have problems with blood glucose levels, should have their blood sugar carefully monitored if they use glucosamine preparations.

If you have not told your doctor about any of the above, tell him/her before you start taking Donna Forte.

### - Taking other medicines

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

Some medicines and Donna Forte may interfere with each other.

These include:

- Warfarin (a blood thinning medicine)
- Painkillers (NSAIDs such as ibuprofen)
- Insulin

These medicines may be affected by Donna Forte or may affect how well it works.

You may need different amounts of your medicines, or you may need to take different medicines.

Your doctor and pharmacist have more information on medicines to be careful with or avoid while taking this medicine.

## How to use Donna Forte

Follow all directions given to you by your doctor and pharmacist carefully.

These directions may differ from the information contained in this leaflet.

If you do not understand the instructions on the pack, ask your doctor or pharmacist for help.

### - How much to use

#### *Light or moderate symptoms:*

Take 1 capsule twice daily for at least 6 weeks.

#### *Severe symptoms:*

##### Initial therapy:

Take 1 capsule 3 times a day is recommended during a period of at least 8 weeks.

##### Follow-up therapy:

Take 1 capsule twice daily for 3 to 4 months.

##### Long term therapy:

The treatment should be repeated every other 6 months or less as required.

### - When to use it

Take Donna Forte 15 minutes before each meal.

### - How long to use it

Continue taking Donna Forte for as long as your doctor recommends.

### - If you forget to use it

Take your dose as soon as you remember, and continue to take it as you would normally.

If it is almost time for your next dose, skip the dose you missed and take your next dose when you are meant to.

Do not take a double dose to make up for the dose that you missed. This may increase the chance of you getting an unwanted side effect.

- If you use too much (overdose)  
Immediately telephone your doctor for advice or go to Accident and Emergency (Casualty) at your nearest hospital if you think that you or anyone else may have taken too much Donna Forte.

Do this even if there are no signs of discomfort or poisoning.

You may need urgent medical attention.

#### **While you are using it**

- Things you must do

Tell all the doctors, dentists and pharmacists who are treating you that you are taking Donna Forte.

If you are about to start taking any new medicine, tell your doctor and pharmacist that you are taking Donna Forte.

Glucosamine therapeutic effect can be seen after approximately 1 week from the beginning. Therefore, in case of intense pains, it is advisable to take an anti-inflammatory medicine in addition during the first days of treatment.

- Things you must not do

Do not take Donna Forte to treat any other conditions unless your doctor tells you to.

Do not give your medicine to anyone else, even if they have the same condition as you.

- Things to be careful of

Be careful driving or operating machinery until you know how Donna Forte affects you.

#### **Side effects**

All medicines can have side effects. Sometimes they are serious, most of the time they are not.

Ask for the advice from your doctor or pharmacist if you have any concerns about the effects of taking this medicine.

Common side effects includes:

- Abdominal pain
- Heartburn
- Diarrhoea
- Nausea

The following side effects may occur:

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 rarely occur.

Skin: reddening of skin and itching have been reported.

Tell your doctor or pharmacist if you notice anything else that is making you feel unwell.

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

#### **Storage and Disposal of Donna Forte**

- Storage

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

Keep your medicine in a place where the temperature stays below 30°C. Protect from moisture and heat.

Do not store your medicine, or any other medicine, in the bathroom or near a sink. Keep the medicine where children cannot reach them.

- Disposal

If your doctor or pharmacist tells you to stop taking this medicine or it has passed its expiry date, ask your pharmacist what to do with any medicine that is left over.

#### **Product Description**

- What it looks like

A red/black capsule with marking 'DONNA/500'.

- Ingredients

- Active ingredient:

- Each capsule contains glucosamine sulphate 500mg

- Inactive ingredients:

- Lactose
- Sodium starch glycolate
- Talc
- Avicel
- Magnesium stearate

- MAL number

MAL07061587X

#### **Manufacturer**

Duopharma Manufacturing (Bangi) Sdn. Bhd.  
Lot No. 2&4,  
Jalan P/7, Section 13,  
Bangi Industrial Estate,  
43650 Bandar Baru Bangi,  
Selangor, Malaysia

#### **Product Registration Holder**

Duopharma Marketing Sdn. Bhd.  
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#### **Date of Revision**

25/06/2019

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