

DONNA GLUCOSAMINE SACHET®

Glucosamine sulphate (1500mg)

What is in the leaflet

1. What Donna Glucosamine Sachet is used for
2. How Donna Glucosamine Sachet works
3. Before you use Donna Glucosamine Sachet
4. How to use Donna Glucosamine Sachet
5. While you are using it
6. Side effects
7. Storage and Disposal of Donna Glucosamine Sachet Product Description
8. Manufacturer and Product Registration Holder
9. Date of Revision

What Donna Glucosamine Sachet is used for

Donna Glucosamine Sachet is used as an additional therapy for osteoarthritis (joint inflammation that is due to cartilage degeneration).

How Donna Glucosamine Sachet works

Donna Glucosamine Sachet 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 Glucosamine Sachet

- When you must not use it

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

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

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 it has expired or is damaged, return it to your pharmacist for disposal.

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 or pharmacist 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 or pharmacist if you have any of the following medical conditions:

- Type 2 diabetes
- overweight

- 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 Glucosamine Sachet may interfere with each other.

These include:

- anticoagulant such as warfarin
- painkillers such as NSAIDs. Example of NSAID is ibuprofen
- medicines for diabetes such as insulin

These medicines may be affected by Donna Glucosamine Sachet 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 Glucosamine Sachet

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

Take one sachet (dissolved in a glass of water) once daily.

Donna Glucosamine Sachet is not recommended for used in children under 12 years.

- When to use it

Take Donna Glucosamine Sachet as your doctor has prescribed.

- How long to use it

Continue taking Donna Glucosamine Sachet 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 the nearest

hospital if you think that you or anyone else may have taken too much Donna Glucosamine Sachet.

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 Glucosamine Sachet.

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

- Things you must not do

Do not take Donna Glucosamine Sachet to treat any other complaints 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 Glucosamine Sachet 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.

The following side effects may occur:

The most frequently observed adverse events occurring after glucosamine treatment were mild digestive problems, including epigastric tenderness, heartburn, diarrhea and nausea.

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

Central nervous system: Drowsiness, headache, sleeping difficulties has been observed rarely occur (less than 1%).

Gastrointestinal: vomiting, indigestion or constipation, eating disorder has been rarely occur.

Skin: Skin reactions such as redness 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 nppra.moh.gov.my [Consumers -> Reporting -> Reporting Side Effects to Medicines (ConSERF) or Vaccines (AEFI)].

Storage and Disposal of Donna Glucosamine Sachet

- 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 free flowing white to off-white powder.

- Ingredients

- Active ingredient:

- Each sachet contains glucosamine sulphate 1500mg

- Inactive ingredients:

- Vanillin
- Isomalt DC
- Sodium saccharin
- Polyethylene Glycol 4000

- MAL number

MAL08061682X

Manufacturer

Duopharma Manufacturing (Bangi) Sdn. Bhd.
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Product Registration Holder

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