

NUVANTA GLUCOSAMINE + CHONDROITIN CAPSULE

Glucosamine sulfate/ Chondroitin sulfate (500mg/ 400mg)

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What Nuvanta Glucosamine + Chondroitin is used for?

Nuvanta Glucosamine + Chondroitin is used as 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 Nuvanta Glucosamine + Chondroitin works?

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 synovial fluid (the fluid that surrounds joints).

Chondroitin sulphate works together with glucosamine to increase production of synovial fluid, which increases elasticity and flexibility of the joints.

Before you use Nuvanta Glucosamine + Chondroitin:

When you must not use it

- Avoid taking this supplement if you are allergic (hypersensitive) to shellfish or other seafood.
- Avoid taking if you are allergic to glucosamine, chondroitin, or magnesium stearate.

-Avoid taking if you are in your first 3 months of pregnancy.

Before you start to take it

-If you suffer from liver or kidney problems, check with your doctor or pharmacist before taking this supplement.

-Glucosamine may increase insulin resistance. If you suffer from Type 2 Diabetes, overweight or glucose tolerance problems, you should have your blood sugar level monitored carefully.

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.

How to use Nuvanta Glucosamine + Chondroitin?

How much to take

-Mild or moderate osteoarthritic symptoms: 1 capsule taken twice daily.

-Severe osteoarthritis symptoms:

Initial therapy: 1 capsule 3 times daily.

Follow-up therapy: 1-2 capsules daily.

When to take it

Capsules should be taken 15-30 minutes before meals.

How long to use it

-Mild or moderate osteoarthritic symptoms: At least 6 weeks or as advised by your doctor or pharmacist.

-Severe osteoarthritis symptoms:

Initial therapy: At least 8-12 weeks

Follow-up therapy: Additional 3-4 months

If you forget to take it

If you forget to take a dose, just take a dose with your next meal as normal.

If you take too much (overdose)

If you take more than you should, you must consult your doctor, pharmacist or go to a hospital as soon as possible.

While you are using it:

Things you must do

Check with your doctor or pharmacist before taking your medicine and take it as advised.

Tell all the doctors, dentists and pharmacists treating you that you are taking Nuvanta Glucosamine + Chondroitin.

Things you must not do

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

Do not give Nuvanta Glucosamine + Chondroitin to anyone else, even if they have the same symptoms or condition as you.

Things to be careful of

If you experience dizziness or drowsiness while taking Nuvanta Glucosamine + Chondroitin, you should not drive or operate machinery.

Side effects:

Like all medicines, Nuvanta Glucosamine + Chondroitin can cause side effects, although not everybody gets them.

Reported side effects include swelling, headache, drowsiness, nausea, vomiting, diarrhea, constipation, skin redness or itching.

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.gov.my [Consumers→ Reporting Side Effects to Medicines (ConSERF) or Vaccines (AEFI)]

Storage and disposal of Nuvanta Glucosamine + Chondroitin:

Keep all medicines out of reach of children. Store below 30°C, away from direct sunlight.

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

Off-white coloured powder in a clear hard capsule

Ingredients

Active ingredients:

- Glucosamine sulfate potassium chloride complex
- Chondroitin sulfate sodium

Inactive ingredient:

- Magnesium stearate

MAL number

MAL 13085054XC

Manufacturer:

Vitaco Health (NZ) Ltd
Cnr Kordel Place & Accent Drive,
East Tamaki, Auckland, New Zealand.

Product Registration Holder:

Nuvanta Sdn Bhd
8th Floor, Wisma Consplant 1,
No.2, Jalan SS 16/4,
47500 Subang Jaya,
Selangor, Malaysia.

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