

BIO-LIFE GLUCOSAMINE 500MG TABLET

Glucosamine sulfate (500 mg)

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What Bio-Life Glucosamine 500mg is used for

Bio-Life Glucosamine 500mg is used as an adjunctive therapy in osteoarthritis.

How Bio-Life Glucosamine 500mg works

Bio-Life Glucosamine 500mg provides relief to joint disease by reducing joint swelling and relieving associated pain.

Before you use Bio-Life Glucosamine 500mg

- When you must not use it

- Do not take this medicine if you are allergic to glucosamine, and/or allergic to shellfish or other excipients.
- 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 or pharmacist if you have allergies to any other medicines, foods, preservatives or dyes.

- Tell your doctor or pharmacist if you are pregnant, plan to become pregnant or you are breast-feeding.
- Tell your doctor or pharmacist if you are taking Non-Steroidal Anti-Inflammatory Drugs (NSAIDs).

- 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.
- Diabetics should take glucosamine under medical supervision.

How to use Bio-Life Glucosamine 500mg

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

- How much to use

Light or moderate symptoms:

One tablet twice daily, 15 minutes before meals for at least 6 weeks (or according to medical prescription).

Severe osteoarthritis symptoms:

Initial Therapy: 1 tablet 3 times daily, 15 minutes before meals during a period of at least 8 weeks.

Follow up therapy: Maintenance therapy should be followed for 3-4 months (or according to medical prescription) by administration of 1 tablet taken 2 times daily, 15 minutes before meals. The treatment should be repeated every other 6 months or less according to medical prescription.

- When to use it

Take medicine as per advised by your doctor or pharmacist and take with meals.

- How long to use it

If symptoms are not relieved or any new symptoms appear, you should consult a doctor or pharmacist.

- If you forget to use it

Take the missed dose as soon as you remember it. However, if it is almost time for the next dose, skip the dose you missed and use your next dose when you are meant to. Do not take a double dose to make up for a missed one.

- If you use too much (overdose)

Seek medical advice if you think you or anyone else may have taken too much Bio-Life Glucosamine 500mg.

While you are using Bio-Life Glucosamine 500mg

- Things you must do

Talk to your doctor or pharmacist if your symptoms do not improve.

- Things you must not do

- Do not take Bio-Life Glucosamine 500mg to treat any other complaints unless your doctor or pharmacist 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 Bio-Life Glucosamine 500mg affects you.

Side effects

- Bio-Life Glucosamine 500mg is generally well tolerated by people, however, the following adverse effects where observed, are usually of a mild and short term: drowsiness, headaches, inability to sleep, nausea, vomiting, diarrhea, indigestion, constipation, heartburn, skin redness, itching, swelling of lower limbs and increased heart rate.
- 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)].

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Storage and Disposal of Bio-Life Glucosamine 500mg

- Storage

- Keep your medicine in the original package until it is time to take.
- Keep your medicine in a cool dry place where the temperature stays below 30°C.
- Do not store medicine in the bathroom or near a sink. Do not leave it on a window sill or in the car. Heat and dampness can destroy some medicines.
- Keep it where children cannot reach it.

- Disposal

Ask your pharmacist what to do with any medicine that is left over, or if the expiry date has passed.

Product Description

- What it looks like

Oval shape off white tablet.

- Ingredients

- Active ingredient

Glucosamine sulfate 2KCl 699.00mg
equivalent to:

Glucosamine sulfate 500 mg

- Inactive ingredients:

Calcium hydrogen phosphate,
microcrystalline cellulose, sodium
starch glycolate, Opadry II (85) White,
magnesium stearate, Aerosil 200.

- MAL Number:

MAL08080865XC

Manufacturer

Unison Nutraceuticals Sdn. Bhd.

No. 13, Jalan TTU 52, Taman Tasik
Utama, 75450 Ayer Keroh, Melaka,
Malaysia.

Product Registration Holder

Bio-Life Marketing Sdn. Bhd.

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