# Live-well™ OSTESAMIN 500 Capsule

Glucosamine Sulphate (500mg).

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**What Live-well™ OSTESAMIN 500 is used for**

Live-well™ OSTESAMIN 500 is indicated as an adjuvant therapy for osteoarthritis (joint disease).

**How Live-well™ OSTESAMIN 500 works**

Live-well™ OSTESAMIN 500 contains glucosamine. Glucosamine stimulates the biosynthesis of mucopolysaccharides – the key structural components of joint cartilage which are essential for proper joint function. Glucosamine also increases synovial fluid production and viscosity, giving better lubricant activity for the joints. Glucosamine is effective in reducing articular pains, improving articular function and inhibiting or slowing down the process of degenerative osteoarticular (affecting bones and joints) diseases.

**Before you use Live-wellTM OSTESAMIN 500**

*- When you must not use it*

Do not take Live-well™ OSTESAMIN 500 if you are hypersensitive to glucosamine.

If you are pregnant or breastfeeding, please consult your doctor or health care professional before taking this product.

*- Before you start to use it*

You must consult a doctor or pharmacist if you have any problem with your kidney.

*- Taking other medicines*

The effect of glucosamine on insulin sensitivity and glucose tolerance is unclear, caution is advised for diabetic patients.

**How to use Live-wellTM OSTESAMIN 500**

*- How much to use*

Follow all directions given in the insert carefully. They may differ from the information contained in this leaflet. If you do not understand the instructions on the label, ask your doctor or pharmacist for help.

Light or moderate osteoarthritic (joint disease) symptoms: Take one capsule twice daily for at least six weeks.

Severe osteoarthritic (joint disease) symptoms: Start with one capsule three times daily for at least 8 weeks. Then take one capsule twice daily for another 3-4 months (or as professionally prescribed).

For long-term therapy, treatment should be repeated every other six months or at shorter intervals, as professionally prescribed.

*- When to use it*

Capsules should be taken 15 minutes before meals.

*- How long to use it*

As per the dosage recommendation

*- If you forget to use it*

Take the missed dose as soon as you remember

*- If you use too much (overdose)*

Consult a doctor or pharmacist for advice immediately.

**While you are using it**

*- Things you must do*

Take your dose exactly as given in the leaflet.

*- Things you must not do*

Do not use the product after the expiry date which is stated on the pack after 'EXP'. The expiry date refers to the last day of the month.

*- Things to be careful of*

Glucosamine sulphate treats the cause of osteoarthritis (joint disease) and pain relief can be seen only after some time. Therefore, if severe pain is present during this period, it may be necessary to take an analgesic such as aspirin or a non-steroidal anti-inflammatory drug (NSAID).

**Side effects**

Do not be alarmed by this list of possible side effects. You may not experience any of them.

- Cardiovascular: Peripheral oedema (accumulation of fluid causing swelling), tachycardia (heart beats faster than normal) were reported in few patients following larger clinical trials investigating oral administration in osteoarthritis (joint disease). Causal relationship has not been established.
- Central Nervous System: Drowsiness, headache, insomnia (inability to sleep) have been observed rarely during therapy (less than 1%)
- Gastrointestinal: Nausea, vomiting, diarrhea, dyspepsia (indigestion) or epigastric pain, constipation, heartburn and anorexia (lack of appetite) have been described rarely during oral therapy with glucosamine.
- Skin: Skin reactions such as erythema (redness of the skin) and pruritus (itching of the skin) have been reported with therapeutic administration of glucosamine.

You may report any side effects or adverse drug reactions directly to the National Centre for Adverse Drug Reaction Monitoring by calling Tel: 03-78835550, or visiting the website npra.moh.gov.my (Public Reporting Medicinal Problems / Side Effects / AEFI / Vaccine Safety).

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**Storage and Disposal of Live-well™ OSTESAMIN 500**

- *Storage*

Keep bottle tightly closed.
Store below 30°C.

- *Disposal*

Products should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of Live-well™ OSTESAMIN 500 that is no longer required. These measures will help to protect the environment.

**Product Description**

- *What it looks like*

Two pieces, yellow colored hard vegetable capsule of size "00" containing white to light brown powder.

- *Ingredients*

Active ingredient(s)

- Glucosamine Sulphate Sodium Chloride

Inactive ingredients

- Magnesium Stearate
- Corn Starch
- Talc
- Lactose Monohydrate

*MAL number(s):*
MAL06051564X

**Manufacturer**
PAHANG PHARMACY
SDN.BHD.
Lot 5979, Jalan Teratai, 5 ½ Miles
Off, Jalan Meru,
41050 Klang, Selangor Darul Ehsan.

**Product Registration Holder**
PAHANG PHARMACY
SDN.BHD.
Lot 5979, Jalan Teratai, 5 ½ Miles
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14/03/2017

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