

LIVE-WELL OSTESAMIN 1500 POWDER

Glucosamine Sulphate (1500mg)

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What Live-well Ostesamin 1500 Powder is used for

Live-well Ostesamin 1500 Powder is adjunctive therapy for osteoarthritis joints problems.

How Live-well Ostesamin 1500 Powder works

It helps to reduce joint pain, swelling and improves movement of the joints.

Before you use Live-well Ostesamin 1500 Powder

-When you must not use it

If you are allergic to glucosamine or any of the ingredients in the product.
If you are allergic to shellfish.

-Before you start to use it

Read carefully the instruction from your medical provider and this leaflet to understand how this medication should be taken.

Talk to your doctor or pharmacist if you:

- have kidney or liver problems
- are pregnant, planning to become pregnant, or breast-feeding. Avoid usage during the first 3 months of pregnancy.

-Taking other medicines

Talk to your doctor or pharmacist if you are taking any medicine to control your blood sugar, such as metformin or rosiglitazone.

The effect of warfarin (a medicine used to prevent blood clotting) may increase during treatment with glucosamine. Inform your doctor if you are using this

medicine.

Furthermore, you need to inform them also if you are taking any medicine, herbal preparation, or dietary supplement. In case of concomitant treatment your doctor may consider to measure the effect of warfarin in your blood more frequently.

Tell your doctor or pharmacist if you have allergies to any food or other substances.

How to use Live-well Ostesamin 1500 Powder?

- How much to use

Adults

One sachet to be taken daily. The entire contents of one sachet should be fully dissolved in at least 250 ml water (one glass) and drink immediately.

Safety and effectiveness have not been established in children therefore children should avoid using glucosamine.

- When to use it

Live-well Ostesamin 1500 Powder can be taken anytime of the day and preferably at mealtimes.

-How long to use it

Use for the duration recommended by your doctor or pharmacist.

-If you forget to use

Take the missed dose as soon as you remember. If it is almost time for your next dose, wait until then to take the medicine and skip the missed dose. Do not take a double dose to make up for the missed dose.

-If you use too much (overdose)

Contact your doctor immediately or go to the Emergency Department of your nearest hospital, if you or anyone else may have taken too much of this medicine. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention.

While you are using Live-well Ostesamin 1500 Powder

-Things you must do

Follow the dose and duration of treatment prescribed by your medical providers. You must see a doctor if your symptoms worsen or do not improve.

The effect of glucosamine may only be seen after 2-3 weeks. Therefore, it is advisable to take a painkiller if required during the initial treatment.

-Things you must not do

Do not use this medicine after the expiry date on the carton.

-Things to be careful of

Driving and using machines

This medicine may affect your ability to drive or use machines. If this medicine makes you feel sick, dizzy, tired, or gives you a headache do not drive or use machines and contact your doctor immediately.

Side effects

Like all medicines, Live-well Ostesamin 1500 Powder can cause side effects, although not everybody gets them.

Possible side effects are:

Cardiovascular: swelling in lower legs or hands, or heart rate that is too fast.

Central nervous system: Drowsiness, headache, sleeping difficulty have been observed rarely.

Gastrointestinal: Nausea, vomiting, diarrhoea, indigestion or epigastric pain, constipation, heartburn and an eating disorder have been described rarely.

Skin: Skin reactions such as redness of the skin and itchy skin have been reported.

Consult your doctor or pharmacist for any side effect encountered while taking this medicine.

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 (Consumer -> Reporting Side Effects to Medicines [ConSERF] or Vaccines [AEFI]).

Storage and disposal

- Storage

Store in a cool dry place below 30°C.

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- Disposal

Do not throw away medicines via wastewater or household waste. Ask your pharmacist how to dispose medicines no longer used. These measures will help to protect the environment.

Product description

- What it looks like

Powder: Orange to reddish powder with odour of orange flavour.

Solution: A clear orange solution with odour of orange flavour.

- Ingredients

Active ingredient:

Glucosamine Sulphate Potassium Chloride

Inactive Ingredients:

Sucralose, Colloidol silicone dioxide, Orange flavour, Sunset yellow FCF and Mannitol

- MAL Number

MAL12115069X

Manufacturer

Noripharma Sdn. Bhd.
Lot 5030, Jalan Teratai,
5 ½ Miles off Jalan Meru
41050 Klang, Selangor, Malaysia

Product Registration Holder

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Date of Revision

12/03/2025

Serial Number

NPRA(R4/1)291124/00124