

BLACKMORES GLUCOSAMINE 1500 TABLET

Glucosamine sulfate (1500 mg)

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What *Blackmores Glucosamine 1500* is used for

Blackmores Glucosamine 1500 is high strength formula used for the temporary relief of joint pain related to osteoarthritis by helping to increase joint mobility and reduce joint stiffness. Taking glucosamine supplements at the recommended dose can assist in reducing cartilage wear.

Glucosamine sulfate is a clinical tested ingredient that promotes joint flexibility, mobility and comfort for patients with osteoarthritis.

How *Blackmores Glucosamine 1500* works

Glucosamine makes up a key part of cartilage (the cushioning substance between bones in the joints) which is essential for proper joint function. As people get older, their cartilage becomes more easily broken down and damaged. This can result in the typical symptoms of osteoarthritis.

Glucosamine is made in the body from glucose and glutamine. Taking supplementary glucosamine can be an important way to source this key part of cartilage.

Before you use *Blackmores Glucosamine 1500*

When you must not use it:

If you have allergies to glucosamine or seafood.

Do not use the product beyond the expiry date printed on the pack, or if the packaging is torn or shows signs of tampering.

Before you start to use it:

Tell your doctor or pharmacist:

- If you have allergies to seafood. This product contains glucosamine sulfate, a seafood- derived material. It is not recommended for people with seafood allergies.
- If you have an increased tendency to bleeding.
- If you have high blood glucose.
- If you have severe liver and/or kidney disease.

Taking other medicines:

Tell your doctor or pharmacist if you are taking any other medicines, including medicines that you buy without a prescription from a pharmacy, supermarket or health food store.

Glucosamine may increase the risk of bleeding with warfarin (a blood-thinning drug). Consult your doctor or pharmacist before use if you are taking warfarin.

How to use *Blackmores Glucosamine 1500*

How much to use:

Adults: take 1 tablet a day with a meal, or as advised by your doctor or pharmacist.

Children (under the age of 12 years): Only to be taken upon advice of a doctor.

When to use it:

Take with meals, or as advised by your doctor or pharmacist.

In the event of severe pain, it is advisable to take an anti-inflammatory drug during the first few days of treatment.

How long to use it:

Results from regular use of *Blackmores Glucosamine 1500* are expected after two weeks, or longer. Keep taking *Blackmores Glucosamine 1500* for as long as your doctor or pharmacist recommends.

If you forget to use it:

Do not take a double dose to make up for a forgotten individual dose but continue the treatment with *Blackmores Glucosamine 1500* as indicated in this leaflet.

If you use too much (overdose):

If you take more than the recommended dose, speak to your doctor or pharmacist and take the product or this leaflet with you.

While you are using it

Things you must do:

Ask your doctor or pharmacist for advice before taking any medicine.

Take *Blackmores Glucosamine 1500* exactly as indicated in this leaflet.

If you are about to be started on any new medicine, tell your doctor, dentist or pharmacist that you are taking *Blackmores Glucosamine 1500*.

Check with your pharmacist or doctor as soon as possible if you have any problems while taking *Blackmores Glucosamine 1500*, even if you do not think the problems are connected with the medicine or are not listed in this leaflet.

Things you must not do:

Do not take it to treat any other complaints, unless your doctor tells you to.

Do not give this medicine to anyone else, even if their symptoms seem similar to yours.

Things to be careful of:

This product contains glucosamine sulfate, a seafood-derived material. It is not recommended for people with seafood allergies.

There is no evidence of risk associated with pregnancy and breast-feeding in the medical literature. However, Blackmores' policy is to limit any unnecessary medications from any source during pregnancy and breast-feeding.

Side effects

Most people taking *Blackmores Glucosamine 1500* find that it causes no problems. As with all medicines, a few people may find that it causes side effects.

Some people can be allergic to medicines. If you have any of the following symptoms soon after taking *Blackmores Glucosamine 1500*, STOP taking this product and tell your doctor immediately.

- Difficulty breathing
- Swelling of the face and throat
- Skin rash
- Itching

Some people very occasionally find that they experience drowsiness, headache, insomnia, nausea, vomiting, dyspepsia, constipation, heartburn, anorexia and skin reactions.

If you experience these side effects, tell your doctor or pharmacist as soon as possible.

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)].

Storage and disposal of *Blackmores Glucosamine 1500*

Storage

Keep it in a dry place out of sunlight, where the temperature stays below 30°C.

Do not store it or any other medicine in the bathroom or near a sink.

Do not leave it in the car or on a window sill.

Heat and dampness can destroy some medicines.

Keep it where young children cannot reach it.

A locked cupboard at least one-and-a-half metres above the ground is a good place to store medicines.

Disposal

Medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of medicines no longer required. These measures will help to protect the environment.

Product description

What it looks like

Blackmores Glucosamine 1500 is an oval-shaped, white film-coated tablet, with a break bar on one side.

Ingredients:

Active ingredient:

- Glucosamine sulfate sodium chloride equivalent to glucosamine sulfate 1500 mg.

Inactive ingredients:

- Sodium starch glycollate
- Silica colloidal anhydrous
- Acacia
- Magnesium stearate
- Hypromellose
- Macrogol 6000
- Opadry white
- Carnauba wax.

MAL number: MAL08091399XCR

Manufacturer

Contract manufactured for Blackmores by: Catalent Australia Pty Ltd, 217-221 Governor Road, Braeside VIC 3195 AUSTRALIA.

Packed by: Blackmores Ltd, 20 Jubilee Avenue, Warriewood NSW 2102 AUSTRALIA

Product registration holder

Blackmores (Malaysia) Sdn Bhd, Unit No.7-05-01, Level 5, Tower 7, UOA BUSINESS PARK, No. 1, Jalan Pengaturcara U1/51A, Section U1, 40150 Shah Alam, Selangor, Malaysia.

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