

SHINE GLUCOSAMINE CAPSULE

Glucosamine Sulphate (250mg)

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What Shine Glucosamine Capsule is used for

Shine Glucosamine Capsule is used as alternative therapy for osteoarthritis (degenerative joint disease characterized by joint pain and stiffness).

How Shine Glucosamine Capsule works

Shine Glucosamine Capsule helps to improve joint function, builds up the cartilage and also promotes the production of synovial fluid (the fluid confined within a joint space and acts as a lubricant).

Before you use Shine Glucosamine Capsule

-When you must not use it

Do not take Shine Glucosamine Capsule if you are hypersensitive to glucosamine.

Shine Glucosamine Capsule is derived from seafood.

-Before you start to use it

Tell your doctor or pharmacist before using glucosamine if you:

- 1) Are pregnant or plan to get pregnant.
- 2) Are breast-feeding or plan to start breast-feeding.
- 3) Have any health problem.
- 4) Are taking other medicine.

-Taking other medicines

Tell your doctor or pharmacist if you have recently taken or are currently taking any other medicines.

How to use Shine Glucosamine Capsule

-How much to use

2 capsules, 3 times a day for 6 to 8 weeks.

Maintenance:

2 capsules, 2 times a day for 3 to 4 months.

-When to use it

Take Shine Glucosamine Capsule as per doctor and pharmacist advice.

-How long to use it

Take Shine Glucosamine Capsule for as long as your doctor recommends.

-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 missed dose and continue your regular dosing schedule. Do not take a double dose to make up for a missed one.

-If you use too much (overdose)

Seek for medical attention if you have taken more Shine Glucosamine Capsule than you should.

While you are using Shine Glucosamine Capsule

-Things you must do

Follow the recommended dosage stated on the label of the bottle or as prescribed by the doctor or pharmacist.

-Things you must not do

Do not change the dosing regimen without instruction from your doctor or pharmacist.

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

-Things to be careful of

Tell your doctor or pharmacist if you are pregnant, plan to get pregnant or breast-feeding.

Side effects

Cardiovascular: Peripheral oedema (swelling of lower legs or hands) and rapid heartbeat was reported in a few patients following larger clinical trials investigating oral administration in osteoarthritis. The relationship between this product and its side effect has not been established.

Central nervous system: Drowsiness, headache, inability to sleep have been observed rarely during therapy (less

than 1%).

Gastrointestinal: Nausea, vomiting, diarrhea, indigestion, or upper abdominal pain, constipation, heartburn and anorexia (eating disorder consisting of loss of appetite) have been described rarely during oral therapy with glucosamine.

Skin: Skin reactions such as skin redness and itchy 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 visiting the website <http://npra.gov.my/> (Consumer → Reporting Side Effects to Medicines (ConSERF) or Vaccines (AEFI)).

Storage and Disposal of Shine Glucosamine Capsule

-Storage

Keep in a tight container. Store at temperature below 30°C. Protect from light and moisture.

-Disposal

Shine Glucosamine Capsule should be disposed when your doctor or pharmacist tells you to stop taking Shine Glucosamine Capsule or it has passed the expiry date. Ask your pharmacist how to dispose medicines that are no longer required.

Product Description

-What it looks like

A #1 red cap and white body hard gelatin capsule, both sides are impressed with "YSP GSC", containing white to slightly brownish powder.

-Ingredients

Active ingredient(s):
Glucosamine sulphate

Inactive ingredient(s):
Starch
Lactose
Magnesium Stearate
Talc

-MAL number:

MAL20041064XZ

Manufacturer & Product Registration

Holder

Y.S.P. Industries (M) Sdn. Bhd.
Lot 3, 5, 7 & 12, Jalan P/7, Section 13,
Kawasan Perindustrian Bandar Baru Bangi,
43000 Kajang, Selangor, Malaysia.

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