

SHINE® JOINFLEX FORTE FILM COATED TABLET

Glucosamine Sulphate (500mg), Chondroitin Sulphate (400mg)

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What Shine® Joinflex Forte Film Coated Tablet is used for

Shine® Joinflex Forte Film Coated Tablet is used as alternative therapy for osteoarthritis (degenerative joint disease characterized by joint pain and stiffness).

How Shine® Joinflex Forte Film Coated Tablet works

Glucosamine provides the basic raw material necessary to maintain a healthy cartilage and also to prevent degeneration of the cartilage, especially occurs in conditions of osteoarthritis.

Chondroitin sulphate may be beneficial to osteoarthritis patient due to its anti-inflammatory activity. It also promotes healthy joint tissue.

Before you use Shine® Joinflex Forte Film Coated Tablet

-When you must not use it

Do not use Shine® Joinflex Forte Film Coated Tablet if you have allergy towards glucosamine sulphate, chondroitin sulphate or any components in this preparation.

This product is derived from shellfish and do not use if you are allergic to seafood.

Use of glucosamine & chondroitin should be avoided during pregnancy and lactation.

Children should avoid using glucosamine due to limited safety data.

Do not use this product after the expiry date or if the packaging is torn.

-Before you start to use it

Tell your doctor or pharmacist if you are allergic to glucosamine sulphate, chondroitin sulphate or any components in this product.

-Taking other medicines

Seek advice from your doctor or pharmacist, if you intend to use Shine® Joinflex Forte Film Coated Tablet together with other medication.

Besides that, you must also inform your doctor or pharmacist about all the medicines you are taking, including those without a prescription.

Shine Joinflex Forte Film Coated Tablet should not be taken with heart medications or insulin. If you are taking diuretics, blood thinning or anticoagulants (prevent blood clots) medications, please consult your health care provider before taking this supplement.

How to use Shine® Joinflex Forte Film Coated Tablet

-How much to use

4 tablets daily in a single dose or in divided doses (for example: 2 tablets twice daily).

-When to use it

Shine® Joinflex Forte Film Coated Tablet should be taken according to the time advised by your doctor or pharmacist.

-How long to use it

The tablet should be taken as your doctor or pharmacist advised you to do so.

-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 medical attention if you think you or anyone else may have taken too much of this supplement.

While you are using Shine® Joinflex Forte Film Coated Tablet

-Things you must do

Follow your doctor's instruction when you are taking Shine® Joinflex Forte Film Coated Tablet.

-Things you must not do

Do not stop use this medicine or change the dosing regimen without instruction from your doctor. Do not give this medication to anyone else, even if they have the same condition as you.

-Things to be careful of

Avoid using self-diagnosing and self-medicating.

Persons with stiff or sore joints should consult a doctor for an evaluation, to be sure that the problem is indeed osteoarthritis.

Patients with type 2 diabetes and those who are overweight and have problems with glucose tolerance should have their blood sugar carefully monitored if they use glucosamine supplements.

High dosages (more than the recommended dose) may cause nausea, diarrhea, indigestion, and heartburn. Shine® Joinflex Forte Film Coated Tablet should be taken with meals to help avoid these problems.

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://nptra.gov.my/> (Consumer → Reporting Side Effects to Medicines (ConSERF) or Vaccines (AEFI)).

Product Registration Holder

Y.S.P. Industries (M) Sdn. Bhd.
Lot 3, 5, 7, 12 & 14, Jalan P/7, Section 13,
Kawasan Perindustrian Bandar Baru Bangi,
43000 Kajang, Selangor,
Malaysia.

Date of revision

24/10/2025

Serial Number

NPRA (R4/1)170820/00126

Storage and disposal of Shine® Joinflex Forte Film Coated Tablet

-Storage

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

-Disposal

Shine Joinflex Forte Film Coated Tablet should be disposed when your doctor or pharmacist tells you to stop taking this tablet 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 dark brown opaque coloured, oblong shaped, film coated tablets.

-Ingredients

Active ingredient:

Glucosamine Sulphate 2KCl, Chondroitin Sulphate

Inactive ingredients(s):

Ethyl Paraben, Propyl paraben, Brilliant Blue, Methy paraben, Ponceau, Sunset yellow, Tartaric Acid, Titanium Dioxide, Cellulose Sodium, Talc, Povidone, Instamoistshield, Sorbitol, Glycerine, Magnesium Stearate, Cellulose, Starch, Gelatin, Methylene Chloride, Isopropyl alcohol.

-MAL number

MAL11110014XZ

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