

Shine Osteojoint Film Coated Tablet

Glucosamine HCl 500 mg / Chondroitin Sulfate 400 mg / Methylsulfonylmethane 400 mg

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What Shine Osteojoint Film Coated Tablet is used for

Used as adjuvant therapy for osteoarthritis.

How Shine Osteojoint Film Coated Tablet works

It may play a role in the promotion, maintenance of the structure and function of cartilage in the joints of the body. Glucosamine / Chondroitin / MSM may also have anti-inflammatory properties.

Before you use Shine Osteojoint Film Coated Tablet

- When you must not use it
 - Do not take this product if you are allergic (hypersensitive) to glucosamine, chondroitin and MSM, or any other ingredients stated in this product.
 - Do not take this product if you are allergic to seafood.
 - Because of insufficient safety data, Shine Osteojoint Film Coated Tablet is not recommended for children, pregnancy and lactating mothers.
- Before you start to use it
 - Do not take if you have liver or kidney problems.
 - Tell your doctor or pharmacist if you are pregnant, plan to become pregnant or you are breast-feeding.
 - Tell your doctor if you have any medical conditions.

- Taking other medicines

- Glucosamine may reduce the effectiveness of antidiabetic agent such as acarbose, acetohexamide, chlorpropamide, glipizide, glyburide, metformin, miglitol, pioglitazone, repaglinide, rosiglitazone, glimepiride, tolbutamide and troglitazone.
- Glucosamine may also reduce the effectiveness of anticancer agent such as doxorubicin, etoposide and teniposide.
- Concomitant use of glucosamine potentiates the effect of warfarin.
- There is a possibility that chondroitin may have anti-thrombotic activity. Those taking warfarin and those with haemophilia should exercise caution in its use.
- Chondroitin should not be used concomitantly with chitosan (sugar obtained from shellfish).

How to use Shine Osteojoint Film Coated Tablet

- How much to use

Adults:

Light to moderate osteoarthritis symptoms:

Take 1 tablet, 2 times per day before meal, for a period of at least 6 weeks (or as directed by healthcare professional).

Severe osteoarthritis symptoms:

Initial therapy: Take 1 tablet, 3 times per day before meal, for a period of at least 12 weeks.

Maintenance therapy: Take 1 tablet, 2 times per day before meal, for a period of 3-4 months (or as directed by healthcare professional).

- When to use it

Use as directed by your doctor or pharmacist.

- How long to use it

Continue using Shine Osteojoint Film Coated Tablet for the duration that the doctor or pharmacist recommends.

- If you forget to use it

Consult your doctor or pharmacist on what you should do if you forget to use it.

Take the missed dose as soon as you remember. If it is almost time for your next dose, wait until then to take the supplement 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 think you or anyone else may have used too much of this supplement. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention.

While you are using Shine Osteojoint Film Coated Tablet

- Things you must do

- Those with type 2 diabetes, overweight and have a problem with glucose tolerance should have your blood glucose levels carefully monitored.
- You may need pain killer or anti-inflammatory medicine during the first 2 to 3 weeks of therapy as the therapeutic effect can only be seen after 2 to 3 weeks.
- Use your medicine exactly as your doctor has told you.
- Tell all the doctors, dentists and pharmacists treating you that you are using Shine Osteojoint Film Coated Tablet.
- Tell your doctor immediately if you become pregnant while using Shine Osteojoint Film Coated Tablet.

- Things you must not do

- Do not stop using the medicine unless advised by your doctor.
- Do not use any new medicines without consulting your doctor or pharmacist.
- Do not give Shine Osteojoint Film Coated Tablet to anyone else, even if they have the same symptoms or condition as you.

- Things to be careful of

- Caution should be taken for people with diabetes, liver or kidney problems.

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- Administration during the first three months of pregnancy must be avoided.
- No effects on the ability to drive or to operate machines are expected.

Side effects

Below were the side effects reported:

- Cardiovascular: Accumulation of fluid that causes swelling of lower legs or hands, and rapid heartbeat.
- Central nervous system: Drowsiness, headache and not able to sleep is rare (less than 1%).
- Gastrointestinal: Nausea, vomiting, diarrhoea, indigestion or stomachache, constipation, heartburn and eating disorder have been rarely described.
- Skin: Skin reactions such as redness and itching have been reported.

Visit your doctor or pharmacist immediately if you experience any side effects after using this supplement.

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 Shine Osteojoint Film Coated Tablet

- Storage

- Keep container tightly closed.
- Store at temperature below 30°C.
- Protect from light and moisture.
- Keep out of reach of children.

- Disposal

- Supplements / medicines should not be disposed of via wastewater or household waste. Ask your pharmacist how to dispose of supplements / medicines no longer required. These measures will help to protect the environment.
- Do not take this after the expiry date. The expiry date is printed on the label of the supplement.

Product Description

- What it looks like

A white colour film coated elliptical tablet, one side impressed with a score.

- Ingredients

- Active ingredients

Glucosamine HCl 500 mg

Chondroitin Sulfate Sodium 440 mg

(eq. to Chondroitin Sulfate 400 mg)

Methylsulfonylmethane (MSM) 400 mg

- Inactive ingredients

Microcrystalline cellulose, polyvinylpyrrolidone, crospovidone, copovidone, magnesium stearate and talc.

- MAL number

MAL24096080X

Manufacturer and Product Registration Holder

Y.S.P. INDUSTRIES (M) SDN. BHD.

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