

CONART[®] CAPSULE

Glucosamine Sulphate/ Chondroitin Sulphate (250mg/ 200mg)

CONART[®] SACHET FOR ORAL SOLUTION

Glucosamine Sulphate/ Chondroitin Sulphate (1500mg/ 1200mg)

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1. What Conart is used for

Conart is used to relieve joint problems related to osteoarthritis.

2. How Conart works

Conart contains glucosamine which forms a key part of cartilage (the cushioning substance between bones in the joints) while chondroitin acts by preventing damage or breakdown of cartilage. Glucosamine and chondroitin act to increase synovial fluid production, thereby providing lubricant activity for proper joint function.

3. Before you use Conart

-When you must not use it

- If you are allergic to glucosamine or chondroitin or any of the ingredients in the product.
- If you are allergic to seafood.
- Avoid use during the first 3 months of pregnancy.

-Before you start to use it

Read the instruction and this leaflet carefully to understand how this medication should be taken.

Avoid use in children.

Tell your doctor or a pharmacist if you have any medical conditions, especially any of the following:

- if you are pregnant, planning to become pregnant, or breastfeeding.
- if you have allergies to seafood, medicines or other substances. This product contains glucosamine sulphate, a seafood-derived material. It is not recommended for people with seafood allergies.
- if you have high blood glucose
- if you have severe liver and /or kidney problems

-Taking other medicines

Talk to your doctor or a pharmacist if you are taking:

- any medicine for diabetes (to control the blood sugar), such as metformin, acarbose, repaglinide.
- Warfarin (a blood-thinning drug).
Glucosamine may increase the risk of bleeding with warfarin and you may need more frequent blood tests.
- Any prescription or non-prescription medicine, herbal preparation or dietary supplement.

4. How to use Conart

-How much to use?

Adults

Conart Capsule: Dosing also may be based on severity:

- a) Light or moderate osteoarthritis symptoms: 2 capsules taken twice daily for at least 6 weeks or according to prescription.
- b) Severe osteoarthritis symptoms: Initially treatment of 2 capsules three times daily is recommended for at least 8 weeks-12 weeks.
- c) Follow-up therapy: Maintenance therapy should be followed for 3-4 months (as according to prescription) by administration of 2 capsules taken twice daily.

The treatment of osteoarthritis should be repeated every other 6 months or less (according to prescription)

Conart Sachet: 1 sachet to be taken once a day. The entire contents of one sachet should be fully dissolved in at least 250 ml of water (one glass) before drinking.

Children

Safety and effectiveness have not been established in children

-When to use it

Conart can be taken anytime of the day and preferably before meals.

-How long to use it

At least 6-8 weeks or more as advised by your doctor or pharmacist.

-If you forget to use it

Do not take a double dose to make up for the forgotten one. Just take the next dose at the usual time.

-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

5. While you are using Conart

-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 after 2 or 3 weeks.

-Things you must not do

Do not leave the sachet exposed once it is opened. Do not keep any partial/balance sachet content for next dose intake. Do not use this medicine after the expiry date on the sachet/carton.

-Things to be careful of

If you have diabetes, closer monitoring of blood sugar levels by your doctor at the beginning of treatment may be necessary.

6. Side effects

As with all medicines, this product may rarely cause side effects such as

- drowsiness
- headache
- insomnia
- nausea
- vomiting
- diarrhoea
- indigestion
- loss of appetite
- constipation
- heartburn
- accumulation of fluid causing swelling
- skin redness
- skin itching

Consult your doctor/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 visiting the website npra.gov.my [Consumers → Reporting Side Effects to Medicines (ConSERF) or

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Vaccines (AEFI)]

7. Storage and Disposal of

-Storage

Store at below 30°C in dry place away from heat, moisture and light.

Keep out of reach of children.

-Disposal

Dispose the used sachet or empty bottle into the waste disposal bin.

8. Product description

-What it looks like

Conart Capsule: Hard gelatin bovine capsule, snap-fit dark maroon/white opaque capsule with embossed “Conart” at both side.

Conart Sachet: White to off-white powder packed in an aluminium/PE sachet.

-Ingredients

Active ingredients: glucosamine sulphate and chondroitin sulphate (bovine).

Inactive ingredients

Conart capsule: colloidal silica and magnesium stearate.

Inactive ingredients

Conart Sachet: mannitol, macrogol 6000, sucralose and lemon flavor.

-Registration Number:

Conart Capsule
MAL07091058X

Conart Sachet for Oral Solution

MAL11030111X

9. Manufacturer & Product

Registration Holder

AV Manufacturing Sdn.Bhd (667760-V)
Lot 10621 (PT 16700), Jalan Permata 2,
Arab Malaysian Industrial Park, 71800
Nilai, Negeri Sembilan.

10. Date of Revision

23 Mar 2020

Serial Number

NPRA(R4/1)210320/00045