ZETRIL POWDER®

Glucosamine Sulphate (1500mg)

What is in the leaflet

1. What Zetril is used for
2. How Zetril works
3. Before you use Zetril
4. How to use Zetril
5. While you are using it
6. Side effects
7. Storage and Disposal of Zetril
8. Product Description
9. Manufacturer and Product Registration Holder
10. Date of Revision

What Zetril is used for

Zetril contains 1500mg of Glucosamine Sulphate as the active ingredient.

Zetril is a supplement used to relieve the symptoms of osteoarthritis.

How Zetril works

It works by reducing joint pains and improving joint functions, thus preserving joints and prevent early onset of arthritis.

Before you use Zetril

- *When you must not use it*

• Hypersensitive to Glucosamine or any other ingredients in Zetril
• Allergic to shellfish or shellfish derived products

- *Before you start to use it*

Tell your doctor if you:
• Have diabetes
• Have peptic ulcers
• Are inherited with Phenylketonuria (disorder that causes build-up of phenylalanine in the body)
• Have severe liver or kidney problem

Effect can only be seen after approximately 1 week from the beginning. Therefore, in case of intense pains, it is advisable to take pain reliever as recommended by doctor during the first days of treatment with Zetril.

If you are not sure whether you should start taking this product, consult your doctor.

- *Taking other medicines*

Tell your doctor if you are taking any other medicine, including any that you buy without a prescription. You may need to use different amounts of these medicines, or you may need to take different medicines. Your doctor will advise you. In particular, tell your doctor if you take any of the following:
• Antidiabetic agent
• Warfarin (medicines used to prevent blood clotting)

Pregnancy and lactation

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

Your doctor will discuss the risk and benefit of taking Zetril during pregnancy and breastfeeding.

How to use Zetril

Always take Zetril exactly according to the instructions given to you by your doctor or pharmacist. Check with your doctor or pharmacist if you are not sure.

- *How much to use*

Dissolve 1 sachet in a glass of water and take once daily for at least 6 weeks or according to doctor's prescription.

- *When to use it*

Take Zetril 15 minutes before each meal. Those with gastrointestinal problem may take Zetril after meals.

- *How long to use it*

It is recommended to undergo the therapy for 3 months and the treatment course may be repeated at intervals of 2 months or according to doctor's prescription.

- *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 medicine 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 taken too much of this medicine. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention.

Extremely high levels of Glucosamine sulphate (many times the daily dose) can cause gastric fluctuations such as soft stools, diarrhoea and nausea.

While you are using it

- *Things you must do*

• Always take Zetril exactly according to the instructions given to you by your doctor or pharmacists. Check with your doctor or pharmacist if you are unsure.
• Inform your doctor or pharmacist if you are taking or if you have recently taken any other medicines, including medicines obtained without a prescription such as supplements or traditional medicines.
• Tell your doctor or pharmacist immediately if you notice any side effects, or if the side effects gets serious or anything else that make you feel unwell.
• If you become pregnant, or plan on becoming pregnant while taking Zetril, tell your doctor immediately.
• If you are about to be started on a new medicine, remind your doctor and pharmacist that you are taking Zetril.

- *Things you must not do*

• Do not use Zetril after the expiry date which is stated on the carton and bottle.
• Do not stop taking the medicines unless advised by your doctor.
• Do not give Zetril to anyone else, even if they have the same symptoms or condition as you.

- *Things to be careful of*

• Driving and using machines:
Zetril is not known to affect your driving ability or operation of machineries.

Side effects

Like many products, Zetril may cause side effects in some patients, particularly upon the first consumption but not everyone will exhibit the same symptoms.

Tell your doctor if you have any of these symptoms:
• Swelling of the ankles, feet and legs, rapid heartbeat, drowsiness, headache, insomnia, nausea, vomiting, diarrhoea, indigestion or upset stomach, constipation, heartburn, anorexia, and skin reactions such as redness or rash and itching.
If any of these side effects gets serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

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 Vaccine (AEFI)].

Storage and Disposal of Zetril

Storage

Store in a cool, dry place below 30°C and away from light.

Keep out of the reach of children.

- *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*

Zetril powder comes in white granules packed in a sachet.
The product contains no flavouring and the taste is slightly sweet and sour.

- *Ingredients*

- Active ingredient

1884mg of Glucosamine Sulphate Sodium Chloride equivalent to 1500mg Glucosamine Sulphate.

- Inactive ingredients

Sorbitol, aspartame, citric acid and polyethylene glycol 6000.

- *Packing*

Zetril powder is packed in an aluminium sachet of 39.5g and comes in 5, 10, 12, 15, 20, 25, 30, 40, 50, 60, and 100 aluminium sachets filled in a paper box.

- *MAL Number*

MAL09032012X

- **Manufacturer**

T.O. PHARMA CO., LTD
101 Soi Ladprao 124 (Sawatdikan),
Ladprao Road, Phlapphla, Wangthonglang,
Bangkok 10310, Thailand.

Product Registration Holder

IMEKS Pharma Sdn. Bhd.
No. 5 & 9, Jalan Udang Harimau 2,
Medan Niaga Kepong,
51200 Kuala Lumpur, Malaysia.

Date of revision

17/6/2022

Serial number

NPRA(R2/1)220621/902