HOSAMINE CAPSULE

DESCRIPTION
Hosamine Capsule 250 mg :
Reddish orange opaque and standard pink opaque capsule with “CM250” printed on one end and “hovid” on the other end of the capsule.

Hosamine Capsule 500 mg :
Reddish orange opaque and reddish orange opaque capsule with “CM500” printed on one end and “hovid” on the other end of the capsule.

COMPOSITION
Hosamine Capsule 250 mg :
Each capsule contains:
Crystalline Glucosamine Potassium Sulphate 331.60 mg equivalent to Glucosamine Sulphate 250 mg.

Hosamine Capsule 500 mg :
Each capsule contains:
Crystalline Glucosamine Potassium Sulphate 663.20 mg equivalent to Glucosamine Sulphate 500 mg.

ACTIONS AND PHARMACOLOGY
Glucosamine
Glucosamine is a natural substance found in chitin, mucoproteins, and mucopolysaccharides. It is involved in the manufacture of glycosaminoglycan, which forms cartilage tissue in the body; glucosamine is also present in tendons and ligaments. Glucosamine must be synthesized by the body but the ability to do this declines with age. Glucosamine and its salts have therefore been advocated in the treatment of rheumatic disorders including osteoarthritis.

Glucosamine also acts to improve the viscosity of synovial fluid by increasing synovial fluid production, thereby providing lubricant activity.

PHARMACOKINETICS
Glucosamine
Absorption
After oral administration, bioavailability is low due to first-pass hepatic metabolism ~26%. The gastrointestinal absorption is close to 90%.

Distribution
Glucosamine is not protein-bound, but rather incorporates into plasma proteins (primarily globulins)
Volume of Distribution: 2.5 Litres

Metabolism
-Liver, extensive
The first-pass effect in the liver in which more than 70% of glucosamine is metabolized.

Excretion
Renal Excretion, 10%
Feces, 11%
Part of a dose of glucosamine sulfate is eliminated as carbon dioxide via expired air.

INDICATION
As adjuvant therapy for osteoarthritis

CONTRA INDICATION
Contraindicated in patients hypersensitive to glucosamine or to any of the excipients

As the active ingredient is obtained from seafood (shellfish), the product should not be given to patients who are allergic to shellfish

PREGNANCY AND LACTATION
Available evidence is inconclusive or inadequate for use in pregnant or lactating mothers. Until more information is available, this product should only be used under medical supervision in pregnancy and lactating mothers if the potential benefit to the mother justifies the potential risk to the fetus.

Administration during the first 3 months of pregnancy must be avoided.

PRECAUTIONS
- Glucosamine treats the underlying cause of osteoarthritis and the therapeutic effect can only be seen after 2-3 weeks. Therefore, it is advisable to take an analgesic/ anti-inflammatory drug if required during the first 2-3 weeks of therapy with glucosamine.
- Administration during the first three months of pregnancy must be avoided.
- Safety and effectiveness have not been established in children therefore children, should avoid using glucosamine
- The administration in patients with severe hepatic or renal insufficiency should be made under medical supervision.
- Derived from seafood, therefore should not be given to patients who are allergic to shellfish.
- A doctor should be consulted in order to exclude the presence of other joint condition/ diseases for which an alternative treatment should be considered.

Effect on Ability to Drive and Use Machines
- No effects on the ability to drive or to operate machines which are expected.

INTERACTION WITH OTHER MEDICAMENTS
It has been hypothesized that glucosamine may impair insulin secretion through competitive inhibition of glucokinase in pancreatic beta cells and/ or alteration of peripheral glucose uptake.

Glucosamine may increase insulin resistance and consequently affect glucose tolerance.

It may reduce antidiabetic agent effectiveness e.g. when used with these antidiabetic agent:
Acarbose, Acetohexamide, Chlorpropamide, Glipizide, Glyburide, Metformin, Miglitol, Pioglitazone, Repaglinide, Rosiglitazone, Glimepiride, Tolbutamide, Troglitazone

Glucosamine is likely safe in patients with well-controlled diabetes (HbA1c less than 6.5%) taking one or two oral antidiabetic medications or controlled by diet only. In patients with higher HbA1c levels or those taking insulin, monitor blood glucose levels closely/ more frequently.

Reduced effectiveness when used with glucosamine: Doxorubicin, Etoposide, Teniposide

Warfarin
- Elevations of International Normalized Ratio serum values and potentiation of anticoagulant effects
- If concomitant therapy is necessary, the patient’s INR should be more closely monitored

MAIN SIDE/ ADVERSE EFFECTS
Cardiovascular:
Peripheral oedema, tachycardia were reported in a few patients following larger clinical trials investigating oral administration in osteoarthritis. Causal relationship has not been established.

Central nervous system:
Drowsiness, headache, insomnia have been observed rarely during therapy (less than 1%).

Gastrointestinal:
Nausea, vomiting, diarrhea, dyspepsia or epigastic pain, constipation, heartburn and anorexia have been described rarely during oral therapy with glucosamine.

Skin:
Skin reactions such as erythema and pruritus have been reported with therapeutic administration of glucosamine.

OVERDOSE AND TREATMENT
No cases of accidental or intentional overdose are known. The animal acute and chronic toxicological studies indicate that toxic effects and symptoms of toxicity are not likely to occur, even after high overdoses.

DOSAGE AND ADMINISTRATION
Adults:
For mild to moderate osteoarthritis symptoms:
Hosamine Capsule 250 mg: Oral, 2 capsules 2 times daily for 6 weeks, taken 15-30 minutes before meal.
Hosamine Capsule 500 mg: Oral, 1 capsules 2 times daily for 6 weeks, taken 15-30 minutes before meal.

For severe osteoarthritis symptoms:
Hosamine Capsule 250 mg: Oral, 2 capsules 3 times daily for 8 weeks, taken 15-30 minutes before meal.
Hosamine Capsule 500 mg: Oral, 1 capsules 3 times daily for 8 weeks, taken 15-30 minutes before meal.

Maintenance therapy :
Hosamine Capsule 250 mg: Should be followed for 3-4 months by administration of 2 capsules twice daily.
Hosamine Capsule 500 mg: Should be followed for 3-4 months by administration of 1 apsules twice daily.

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

Children:
Safety and effectiveness have not been established in children.

Note	: The information given here is limited. For further information consult your doctor or pharmacist.
Storage	: Store below 25°C. Protect from moisture.
Presentation/ Packing	: Bottle of 60’s, 100’s, 500’s Blister of 10x 10’s, 100x 10’s
Product Registration Holder	: Hovid Bhd., 121, Jalan Tunku Abdul Rahman, 30010 Ipoh, Malaysia.
Manufactured by	: Hovid Bhd., Lot 56442, 7½ Miles, Jalan Ipoh/ Chemor, 31200 Chemor, Malaysia.
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