

COSAMINE PLUS CAPSULE

VICOS24-var4 (MY)

DESCRIPTION

Buff opaque and Buff opaque capsule with "CP450" printed on one end and "Hovid" on the other end of the capsule. Size capsule 0.

COMPOSITION

Each capsule contains:
 Glucosamine Sulphate 250 mg
 Chondroitin Sulphate 200 mg

PHARMACODYNAMICS

Glucosamine Sulphate

Glucosamine possesses antiarthrosic-arthrotrophic activities. It stimulates the anabolic metabolism of osteo- cartilagineous tissues via stimulation of the biosynthesis of the mucopolysaccharides (which are the essential components of the cartilage ground-substances) and of the bone mesenchymal tissues.

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

Chondroitin Sulphate

In vitro studies have shown that chondroitin sulfate can increase ribonucleic acid (RNA) synthesis in cultured chondrocytes, which correlates with increased synthesis of several proteoglycans and collagens. Chondroitin sulfate could potentially slow the degeneration of the articular cartilage. Chondroitin sulfate partially inhibits leucocyte elastase activity, which would slow the degeneration of collagen.

PHARMACOKINETICS

Glucosamine Sulphate

Glucosamine sulphate is well absorbed (with a proportion close to 90%) following oral administration. It is known that glucosamine and its metabolites bind to α - and β -globulins. It is mainly distributed to bone tissues and articular cartilages. It is mainly excreted in urine. Small amounts are also excreted in faeces.

Chondroitin Sulphate

Approximately 15 percent of an oral dose of chondroitin sulfate is bioavailable. Peak plasma levels of chondroitin sulfate occur about one hour after ingestion and about four hours if gastro-resistant capsules are used. Chondroitin sulfate distributes into most tissues after an oral dose, including articular cartilage and synovial fluid. The elimination half-life an oral dose is approximately nine hours.

INDICATIONS

Adjunctive therapy in osteoarthritis

CONTRAINDICATIONS

Contraindicated in patients sensitive to glucosamine sulphate, chondroitin sulfate and shellfish.

WARNINGS AND PRECAUTIONS

- Cosamine Plus is not meant to replace NSAIDs in cases of intense pain, as this is a causal therapy. It is advisable to take an anti-inflammatory drug in the initial treatment of osteoarthritis together with glucosamine sulphate.
- Derived from seafood. The effect of glucosamine on insulin sensitivity and glucose tolerance is unclear, caution is advised for diabetic patients.
- Because of the theoretical possibility that chondroitin sulphate may have anti-thrombotic activity, those taking warfarin and those with hemophilia should exercise caution in its use.
- A doctor should be consulted in order to exclude the presence of joint disease for which an alternative treatment should be considered.

- The administration in geriatric patients and patients with severe hepatic or renal insufficiency should be made under medical supervision.

SIDE 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, diarrhoea, dyspepsia or epigastric 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.

INTERACTION WITH OTHER MEDICAMENTS

- Glucosamine may reduce oral hypoglycaemic agent effectiveness, for example metformin, tolbutamide, rosiglitazone and etc.
- Glucosamine may increase insulin resistance and consequently affect glucose tolerance. Diabetics who are under medical treatment, decide to use glucosamine will need to monitor their blood glucose and may need to adjust the doses of the medications they take to control blood glucose.
- This needs to be done under medical supervision.
- Chondroitin may have interaction with warfarin activity.

PREGNANCY AND LACTATION

To be taken under medical supervision.

DOSAGE AND ADMINISTRATION

Adults :

For mild to moderate osteoarthritis symptoms : Oral; 1 capsule 2 times daily for 6 weeks, taken 15-30 minutes before meal.
 For severe osteoarthritis symptoms : Oral; 1 capsule 3 times daily for 8 weeks, taken 15-30 minutes before meal.
 Maintenance therapy should be followed for 3-4 months by administration of 1 capsule twice daily.

Note: The information given here is limited. For further information consult your doctor or pharmacist.

Storage:

Store below 30°C. Protect from light and moisture.

Presentation/Packing: Glass bottle of 60's.

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