

HOVID COSAMINE POWDER

Glucosamine Hydrochloride (1417mg)

What is in this leaflet

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

What hovid Cosamine Powder is used for

Hovid Cosamine Powder is used for additional therapy for osteoarthritis (loss of cartilage in joints).

How hovid Cosamine Powder works

Hovid Cosamine Powder contains glucosamine, which plays an important role in the production, maintenance, and repair of cartilage that covers the ends of bones and prevents them from rubbing against each other as we move.

Before you use hovid Cosamine Powder

- When you must not use it
 - If you are allergic to glucosamine or any of the other ingredients in this medicine (listed in Product Description).
 - If you are allergic to shellfish or shellfish derived products.
- Before you start to use it
 - Effects can only be seen about 2 – 3 weeks after you begin using it. During this period, you can take painkillers or anti-inflammatory medication if needed.

- If you have liver or kidney problems, please consult your doctor or pharmacist before taking this medicine.

Pregnancy and breastfeeding

Please consult your doctor or pharmacist if you are pregnant, planning for pregnancy or breastfeeding before using any medicine.

Hovid Cosamine Powder should be taken under medical supervision in pregnant and lactating mothers. This product shall not be taken during the first three months of pregnancy.

- Taking other medicines

Tell your doctor or pharmacist if you are taking any other medicines, including any that you buy without a prescription from a pharmacy, supermarket, or health food shop.

Medication that may interfere with hovid Cosamine Powder includes:

- Acarbose, acetohexamide, chlorpropamide, glipizide, glyburide, metformin, miglitol, pioglitazone, repaglinide, rosiglitazone, glimepiride, tolbutamide, troglitazone (antidiabetic medications)
- Doxorubicin, etoposide, teniposide (anticancer medications)
- Warfarin (blood thinning medication)

How to use hovid Cosamine Powder

- How much to use

Follow all directions given to you by your doctor and pharmacist carefully. They may differ from the information contained in this leaflet. If you do not understand the instructions on the label, ask your doctor or pharmacist for help.

Not recommended for children.

Adults

Dissolve one sachet (in a glass of water). Take once daily. Make sure the powder has fully dissolved before taking.

- When to use it

Take once daily, 15-30 minutes before food / meal.
 - How long to use it

Take hovid Cosamine Powder for the duration that the doctor recommends or for at least 8-12 weeks.
 - 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 used too much of this medicine. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention.
- ## While you are using it
- Things you must do
 - Use your medicine exactly as your doctor has told you.
 - Tell all the doctors, dentists and pharmacists treating you that you are taking hovid Cosamine Powder.
 - Tell your doctor immediately if you become pregnant while using this medication.
 - Things you must not do
 - Do not stop using the medicine unless advised by your doctor.

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- Do not use any new medicines without consulting your doctor or pharmacist.
- Do not give hovid Cosamine Powder to anyone else, even if they have the same symptoms or conditions as you.

Things to be careful of

Be careful driving or operating machinery until you know how hovid Cosamine Powder affects you.

This product is derived from shellfish.

Side effects

Like all medicines, hovid Cosamine Powder can cause side effects, although not everybody gets them.

Hovid Cosamine Powder may cause the following side effects:

- Swelling in the limbs (peripheral edema)
- Fast heartbeat (tachycardia)
- Nausea, vomiting, diarrhea, stomach discomfort, constipation, heartburn, or loss of appetite
- Skin redness or itching
- Rarely, some may feel sleepy, get headaches, or have trouble sleeping

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

You may report any side effects or adverse drug reactions directly to the National Centre for Adverse Drug Reaction Monitoring by visiting the website npdra.gov.my [Consumers → Reporting Side effects to Medicines (ConSERF) or Vaccines (AEFI)].

Storage and Disposal of Cosamine

- **Storage**
Store below 30°C. Protect from moisture.

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

White to off-white powder (Colourless solution with raspberry flavour after dissolving in water)

Ingredients

- Active Ingredient
Glucosamine Hydrochloride
- Inactive ingredients
Mannitol, Sucralose, Sodium Citrate Anhydrous, Raspberry flavour

MAL number

MAL14055165X

Manufacturer

Hovid Bhd.
Lot 56442, 7 ½ Miles
Jalan Ipoh/Chemor,
31200 Chemor, Malaysia

Product Registration Holder

Hovid Bhd.
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30010 Ipoh,
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