

HOVID COSAMINE PLUS FORTE POWDER

Glucosamine HCl / Chondroitin Sulphate Sodium (472mg / 484mg)

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What Hovid Cosamine Plus Forte is used for

Hovid Cosamine Plus Forte is used as an additional therapy in osteoarthritis (joint disease).

How Hovid Cosamine Plus Forte works

It contains glucosamine HCl and chondroitin sulphate sodium. Glucosamine HCl helps keep your joints healthy by maintaining the structure and function of cartilage and acting as a cushion between your bones. It also helps produce and thicken the fluid around your joints, making them move more smoothly.

Chondroitin sulphate sodium could potentially slow down the process of cartilage breakdown and help maintain cartilage flexibility.

Before you use Hovid Cosamine Plus Forte

- When you must not use it

Do not take this medicine if:

- You are allergic to glucosamine HCl, chondroitin sulphate sodium, or any other ingredients of this medicine (listed in Product Description).
- You are allergic to shellfish or shellfish derived products. This product is derived from seafood.

- Before you start to use it

See a doctor first to make sure your joint pain isn't caused by another condition that needs different treatment.

Consult your doctor or pharmacist if you:

- Have diabetes
- Have any blood clot disorder (e.g. hemophilia)
- Have severe kidney or liver impairment

Glucosamine effect is only seen after 1 week. You may have to use painkiller in case of severe pain during the first few days of treatment with this medicine. Consult your doctor or pharmacist before taking any medication.

Pregnancy and lactation

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

Do not take this medicine in the first 3 months of pregnancy.

- Taking other medicines

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

Inform your doctor or pharmacist if you are taking:

- Blood thinning medication, e.g., warfarin
- Antidiabetic medication, e.g., acarbose, acetohexamide, chlorpropamide, glipizide, glyburide, metformin, miglitol, pioglitazone, repaglinide, rosiglitazone, glimepiride, tolbutamide, troglitazone
- Cancer medication, e.g., doxorubicin, etoposide, teniposide

How to use Hovid Cosamine Plus Forte

- How much to use

This medicine is not recommended for children.

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.

1. Dissolve one sachet in a glass of water.
2. It is recommended to take it orally 15-30 minutes before meals.
3. Do not take undissolved powder.

Adult:

- For mild to moderate joint pain: Take 1 sachet 2 times daily.
- For severe joint pain: Take 1 sachet 3 times daily.
- Maintenance therapy: Take 1 sachet 2 times daily. Take for 3 – 4 months.

- When to use it

Take 2 – 3 times or as directed by your doctor or pharmacist.

- How long to use it

Take Hovid Cosamine Plus Forte for the duration that the doctor recommends.

Adult:

- For mild to moderate joint pain: Take for at least 6 weeks.
- For severe joint pain: Take for at least 8 – 12 weeks.
- Maintenance therapy: Take for 3 - 4 months. Treatment may be repeated every 6 months or earlier, based on your doctor's advice.

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- *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 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*

Tell all the doctors, dentists and pharmacists treating you that you are taking Hovid Cosamine Plus Forte.

Tell your doctor immediately if you become pregnant while taking this medication.

- *Things you must not do*

Do not take any new medicines without consulting your doctor or pharmacist.

Do not take Hovid Cosamine Plus Forte to anyone else, even if they have the same symptoms or condition as you.

- *Things to be careful of*

If you have diabetes, your doctor may need to monitor your blood sugar and adjust the doses of your diabetes medicines.

Side effects

Like all medicines, Hovid Cosamine Plus Forte can cause side effects, although not everybody gets them.

The side effects of this medication may include:

Common side effects:

- Nausea
- Stomach discomfort or indigestion

- Diarrhoea
- Constipation
- Heartburn

Other side effects (rare or reported in very few cases)

- Swelling in legs or ankles (water Retention)
- Fast heartbeat
- Drowsiness (feeling sleepy)
- Headache
- Trouble sleeping
- Vomiting
- Loss of appetite
- Pain in the upper stomach
- Redness, itchy skin

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 visiting the website npra.gov.my [Consumers → Reporting Side Effects to Medicines (ConSERF) or Vaccines (AEFI)].

Storage and Disposal of Hovid Cosamine Plus Forte

- *Storage*

Keep out of the reach and sight of children.

Store below 30°C.

Keep in a dry place.

- *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 cream powder (colourless solution with lemon lime flavor after dissolved).

- *Ingredients*

- Active ingredient(s)

Glucosamine HCl
Chondroitin sulphate sodium

- Inactive ingredients

Lemon Lime flavour
Mannitol
Citric Acid Anhydrous
Potassium Citrate
Stevia

- *MAL number(s):*

MAL14055021X

Manufacturer:

HOVID Berhad
Lot 56442, 7 ½ Miles,
Jalan Ipoh/Chemor,
31200 Chemor, Perak, Malaysia

Product Registration Holder:

HOVID Berhad
121, Jalan Tunku Abdul Rahman
(Jalan Kuala Kangsar),
30010 Ipoh, Perak, Malaysia

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01/08/2025

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