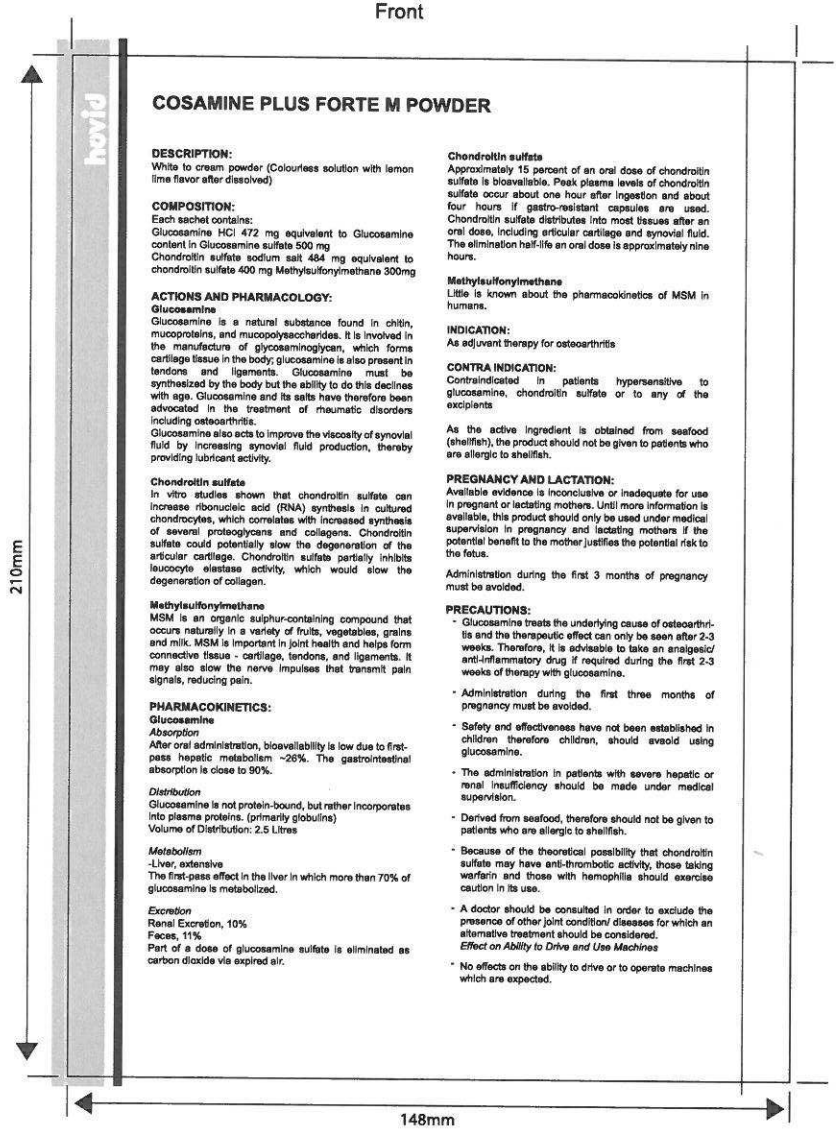
COSAMINE PLUS FORTE M POWDER Insert

1 colors job : ■ Black

Dimension: (W)148mm x (H)210mm [A5]

Material : 60gsm Simili Paper

Front



COSAMINE PLUS FORTE M POWDER

DESCRIPTION:
White to cream powder (Colourless solution with lemon lime flavor after dissolved)

COMPOSITION:
Each sachet contains:
Glucosamine HCl 472 mg equivalent to Glucosamine content in Glucosamine sulfate 500 mg
Chondroitin sulfate sodium salt 484 mg equivalent to chondroitin sulfate 400 mg Methylsulfonylmethane 300mg

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.

Chondroitin sulfate
In vitro studies 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 degenerstion of collagen.

Methylsulfonylmethane
MSM is an organic sulphur-containing compound that occurs naturally in a variety of fruits, vegetables, grains and milk. MSM is important in joint health and helps form connective tissue - cartilage, tendons, and ligaments. It may also slow the nerve impulses that transmit pain signals, reducing pain.

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%
Faces, 11%
Part of a dose of glucosamine sulfate is eliminated as carbon dioxide via expired air.

Chondroitin sulfate
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.

Methylsulfonylmethane
Little is known about the pharmacokinetics of MSM in humans.

INDICATION:
As adjuvant therapy for osteoarthritis

CONTRA INDICATION:
Contraindicated in patients hypersensitive to glucosamine, chondroitin sulfate or to any of the excipients

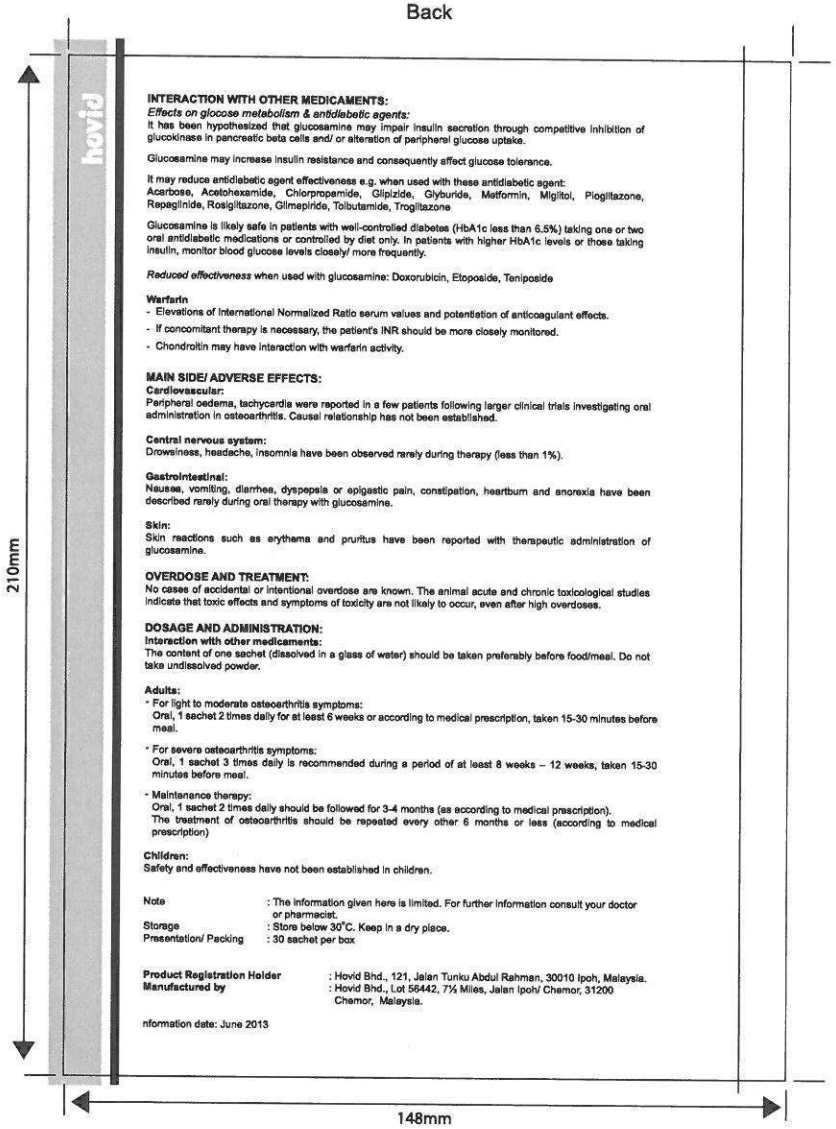
As the active ingredient is obtained from seafood (shellfish), the product should not be given to patients who are allergic to shellfish.

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 avaoid 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.
- Because of the theoretical possibility that chondroitin sulfate 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 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.

Back



INTERACTION WITH OTHER MEDICAMENTS:
Effects on glocose metabolism & antidiabetic agents:
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 effect 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.
- Chondroitin may have interaction with warfarin activity.

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:
Interaction with other medicaments:
The content of one sachet (dissolved in a glass of water) should be taken preferably before food/meal. Do not take undissolved powder.

Adults:
- For light to moderate osteoarthritis symptoms:
  Oral, 1 sachet 2 times daily for at least 6 weeks or according to medical prescription, taken 15-30 minutes before meal.
- For severe osteoarthritis symptoms:
  Oral, 1 sachet 3 times daily is recommended during a period of at least 8 weeks – 12 weeks, taken 15-30 minutes before meal.
- Maintenance therapy:
  Oral, 1 sachet 2 times daily should be followed for 3-4 months (as according to medical prescription).
  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 30°C. Keep in a dry place.
Presentation/ Packing	: 30 sachet per box

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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