

# COSAMINE PLUS FORTE M POWDER

Glucosamine Hydrochloride / Chondroitin Sulphate Sodium / Methylsulfonylmethane (472mg / 484mg / 300mg)

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## What Cosamine Plus Forte M is used for

Cosamine Plus Forte M Powder is used for additional therapy in osteoarthritis (joint disease).

## How Cosamine Plus Forte M works

It contains glucosamine hydrochloride, chondroitin sulphate sodium, and methylsulfonylmethane. Glucosamine hydrochloride 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.

Methylsulfonylmethane helps reduce pain by slowing down the nerve signals that transmit pain messages.

## Before you use Cosamine Plus Forte M Powder

### - When you must not use it

Do not take this medicine if:

- You are allergic to glucosamine hydrochloride, chondroitin sulphate sodium, methylsulfonylmethane 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 breastfeeding before using any medicine.

Do not take this medicine in the first three 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 Cosamine Plus Forte M Powder

### - 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 to 3 times or as directed by your doctor or pharmacist.

### - How long to use it

Take Cosamine Plus Forte M Powder for the duration that the doctor recommends.

Adults:

- 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.

### - 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

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signs of discomfort or poisoning. You may need urgent medical attention.

## While you are using Cosamine Plus Forte M Powder

### - Things you must do

Tell all the doctors, dentists and pharmacists treating you that you are using Cosamine Plus Forte M Powder.

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

### - Things you must not do

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

Do not give Cosamine Plus Forte M Powder 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 level and adjust the doses of your diabetes medicines.

## Side effects

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

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](http://npra.gov.my) [Consumers → Reporting Side Effects to Medicines (ConSERF) or Vaccines (AEFI)]

## Storage and Disposal of Cosamine Plus Forte M Powder

### - 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 hydrochloride  
Chondroitin sulphate sodium  
Methylsulfonylmethane

- Inactive ingredients  
Malic acid  
Sodium citrate anhydrous  
Sucralose  
Mannitol  
Lemon lime flavour

### - MAL number(s):

MAL13125058X

## 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  
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30010 Ipoh,  
Perak, Malaysia

## Date of revision

01/08/2025

## Serial Number

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