

# DYNA-RH CAPSULE

Glucosamine Sulfate (250 mg)

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## What DYNA-RH Capsule is used for

Indicated as an adjunctive therapy in osteoarthritis (joint inflammation).

## How DYNA-RH Capsule works

Glucosamine Sulphate tackles the root cause of osteoarthritis. It stimulates the biosynthesis of essential components of the cartilage substances. It also improves viscosity and production of fluid around the joint.

## Before you use DYNA-RH Capsule

### - When you must not use it

Do not use DYNA-RH Capsule if you are allergic to shellfish.

### Pregnancy and lactation

Seek medical advice before initiating the treatment.

Ask your doctor or pharmacists for advice before taking DYNA-RH Capsule.

### - Before you start to use it

Tell your doctor if you have hypersensitivity to glucosamine and other ingredients in this product.

### - 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.

## How to use DYNA-RH Capsule

### - How much to use

Light to moderate osteoarthritis symptoms: 2 capsules, twice daily for at least 6 weeks.

Severe osteoarthritis symptoms:

Initial therapy: 2 capsules. Three times daily for at least 8 weeks.

Follow-up therapy: Maintenance dose of 2 capsules, twice daily for 3 to 4 months.

Long term treatment: Repeat every other 6 months or less (or as prescribed)

The directions given 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.

### - When to use it

Use as directed by your doctor or pharmacist.

Capsules should be taken 15 minutes before meals.

### - How long to use it

Continue taking DYNA-RH Capsule for as long as your doctor recommends.

### - If you forget to use it

Take the missed dose as soon as you remember. If it 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)

No reports regarding overdose.

Contact your doctor immediately or go to the Emergency Department of your nearest hospital, if you think you or anyone else may have taken 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

Take your medicine exactly as your doctor has told you.

Tell the doctor, dentist and pharmacist treating you that you are taking DYNA-RH Capsule.

### - Things you must not do

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

Do not give DYNA-RH Capsule anyone else, even if they have the same symptoms or condition as you.

### - Things to be careful of

Caution is advised for diabetic person. It is advisable to include anti-inflammatory medicine during the first days of treatment with glucosamine.

## Side effects

Side effects of the DYNA-RH Capsule: Cardiovascular: Accumulation of fluid usually causes legs area to swell, increased heart rate.

Central nervous system: Drowsiness, headache, sleeping difficulty observed rarely.

Gastrointestinal: Nausea, vomiting, diarrhea, indigestion or epigastric pain, constipation, heartburn and loss of appetite.

Skin: Skin reactions such as redness and itching.

Visit your doctor or pharmacist immediately if you experience any side effects after taking 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 [npra.moh.gov.my](http://npra.moh.gov.my) (Consumer → Reporting Side Effects to Medicines (ConSERF) or Vaccines (AEFI).

## Storage and Disposal of DYNA-RH Capsule

### - Storage

Keep out of reach of children

Protect from light

Do not store above 30°C

Keep the container tightly closed

Derived from seafood

### - 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

Capsule with white body and scarlet cap with marking 'RH 250'

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- Ingredients

- Active ingredients

Glucosamine Sulfate

- Inactive ingredients

PEG 3350/MACROGOL 3350,  
Magnesium Stearate, Cotacel C15  
(HPMC), Lactose powder 200 mesh,  
Chloroform Spirit & Aerosil 200.

- MAL number

MAL05121194X

**Manufacturer & Product registration  
holder**

Dynapharm (M) Sdn. Bhd.  
2497, Mk 1, Lorong Perusahaan Baru 5,  
Kawasan Perusahaan Perai 3, 13600  
Perai, Pulau Pinang, Malaysia.

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08/12/2025

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