

# MARINEX JOINTMATE PLUS

## GLUCOSAMINE CHONDROITIN MSM SACHET

Glucosamine Sulphate 1884mg, Chondroitin Sulphate 1200mg, Methylsulfonylmethane 500mg

### What is in this leaflet

1. What MarinEx Jointmate Plus Glucosamine Chondroitin MSM Sachet is used for
2. How MarinEx Jointmate Plus Glucosamine Chondroitin MSM Sachet works
3. Before you MarinEx Jointmate Plus Glucosamine Chondroitin MSM Sachet
4. How to use MarinEx Jointmate Plus Glucosamine Chondroitin MSM Sachet
5. While you are using it
6. Side effects
7. Storage and Disposal of MarinEx Jointmate Plus Glucosamine Chondroitin MSM Sachet
8. Product Description
9. Manufacturer and Product Registration Holder
10. Date of revision
11. Serial Number

### What MarinEx Jointmate Plus Glucosamine Chondroitin MSM Sachet is used for

It is used as adjuvant therapy for osteoarthritis.

### How MarinEx Jointmate Plus Glucosamine Chondroitin MSM Sachet works

It contains glucosamine which can stimulate the production of cartilage-building compounds, restore damaged cells of cartilage tissue and has some anti-inflammatory abilities. It also contains chondroitin that needed for the making of cartilage- building compounds and helps to keep cartilage healthy by absorbing and retaining water in the joint as well as MSM that can help to form connective tissues.

### Before you use MarinEx Jointmate Plus Glucosamine Chondroitin MSM Sachet

#### - When you must not use it

Do not use it if you are allergic to glucosamine sulphate, chondroitin or MSM.

Do not use it if you are allergic to seafood.

#### - Before you start to use it

1) Effects on glucose 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 affect glucose tolerance. It may reduce antidiabetic agent effectiveness e.g. when used with these antidiabetic agents : 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.

2) Reduced effectiveness when used with glucosamine: Doxorubicin, Etoposide, Teniposide

3)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

4) Avoid combination with chitosan as it may form complexes with chondroitin sulfate, thus decreasing its absorption

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.

#### - Taking other medicines

Please inform the doctor or pharmacist if taking other medicines.

### How to use MarinEx Jointmate Plus Glucosamine Chondroitin MSM Sachet

#### - How much to use

1 sachet to be taken once daily for at least 2 months (or according to medical prescription).

Best to be taken on an empty stomach (30 mins before meal).

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.

#### - When to use it

Please follow the advice of the doctor or pharmacist.

#### - How long to use it

Maintenance therapy should be followed for 3- 4 months (or according to medical prescription) by administration of 1 sachet daily.

The treatment should be repeated every other 6 months or less according to medical prescription.

#### - If you use too much (overdose)

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 overdose.

### While you are using MarinEx Jointmate Plus Glucosamine Chondroitin MSM Sachet

#### - Things you must do

Inform your doctor or pharmacist of all the medications you are taking.

#### - Things you must not do

Do not take any new medicines without consulting your doctor.

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### - Things to be careful of

Ask your health care provider any question you may have about how to use MarinEx Jointmate Plus Glucosamine Chondroitin MSM Sachet.

### **Side 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 epigastric pain, constipation, heartburn and anorexia have been described rarely during oral therapy with glucosamine.

Skin: Skin reaction such as erythema and pruritus have been reported with therapeutic administration of glucosamine.

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

### **Storage and Disposal of MarinEx Jointmate Plus Glucosamine Chondroitin MSM Sachet**

#### - Storage

Store below 30°C. Protect from moisture.

Keep out of reach of children.

#### - 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, color powder is filled in sachet. Powder dissolved in water, clear transparent liquid, odourless and a little bit salty.

#### - Ingredients

- Active ingredient  
Glucosamine Sulphate, Chondroitin, MSM

#### - MAL number:

MAL14025011X

### **Manufacturer and Product**

#### **Registration Holder**

Syarikat Wen Ken Drug Sdn Bhd  
24, Jalan Lambak, Taman Johor, 81200  
Johor Bahru, Johor, Malaysia.

#### **Date of revision**

16.3.2020

#### **Serial Number**

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