

GLUCO-CON CAPSULES

Glucosamine Sulphate/Chondroitin Sulphate (250mg/200mg)

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What Gluco-con is used for

It is used as adjuvant therapy for osteoarthritis (degeneration of joint cartilage and the underlying bone).

How Gluco-con works

Glucosamine is effective in all forms of degenerative bone and joint diseases, both long and short term, with elimination or reduction of joint pains, improvement of joint functions and inhibition or regression of the degenerative process. It also has lubricant activity by increasing synovial fluid production. Chondroitin sulphate promotes water retention and elasticity in joint cartilage. Its actions include promotion and maintenance of the structure and function of cartilage, pain relief of osteoarthritic joints and anti-inflammatory activity.

Before you use Gluco-con

- When you must not use it

- allergic to glucosamine, chondroitin and shellfish. Glucosamine is derived from seafood.

- Before you start to use it

Glucosamine sulphate is a causal therapy and therapeutic effect is only seen after 1 week. Therefore, it is advisable to include an anti-inflammatory drug (in case of severe pains) during the first days. Be cautious if you have genetic disorder which impairs the body's ability to make blood clots and when taking warfarin due to possibility that it may have antithrombotic activity. Children, pregnant women and nursing mothers should avoid using chondroitin sulphate.

- Taking other medicines

Inform the doctor if you are taking antidiabetic medicine (metformin, tolbutamide, rosiglitazone). Glucosamine is likely safe if diabetes is controlled by one or two medicines, or by diet only. If using insulin or have higher HbA1c levels, monitor blood glucose levels closely. There is possibility of increased bleeding

when taking with warfarin (for anti blood clot). Chondroitin sulphate should not be used along with chitosan (for reducing cholesterol). Tell your doctor if you are taking any other medicines, including any that you buy without prescription from a pharmacy, supermarket or health food shop.

How to use Gluco-con

- How much to use

Light to moderate symptoms – 2 capsules twice daily for at least 6 weeks.

Severe symptoms – Initial, 2 capsules three times daily, of at least 8 weeks.

Follow-up: 2 capsules twice daily for 3 – 4 months. Best taken before meals.

- When to use it

Take the medicine 15 minutes before food.

- How long to use it

Treatment should be repeated every other 6 months or less as directed by doctor.

- If you forget to use it

Do not take a double dose to make up for a forgotten tablet.

- If you use too much (overdose)

If taken too much *Gluco-con*, contact your doctor, an emergency department or a poison center immediately.

While you are using Gluco-con

- Things you must do

Inform doctor of medications that you are taking.

- Things you must not do

Do not stop taking medication although feeling better after a few days, until the prescribed course is finished.

- Things to be careful of

If pregnant or become pregnant or breast-feeding during treatment, should not take Gluco-con unless advised by doctor.

Side effects

Swelling, increased heart rate, drowsiness, headache, difficulty sleeping, nausea, vomiting, diarrhoea, gastric pain, indigestion, constipation, heartburn, loss of appetite, redness of the skin and itchiness. You may report any side effects or adverse drug reactions directly to the National Centre for Adverse Drug Reaction Monitoring by calling Tel: 03-78835550, or visiting the website npra.moh.gov.my (Public → Reporting Medicinal Problems / Side Effects / AEFI / Vaccine Safety).

Storage and Disposal of Gluco-con

- Storage

Keep container tightly closed. Store in cool, dry place below 30°C. Protect from light. Keep out of reach of children.

- Disposal

Ask your pharmacist how to dispose of medicines no longer required.

Product description

- What it looks like

Caramel opaque colored hard gelatin capsules.

- Ingredients:

- Active ingredients: glucosamine sulphate and chondroitin sulphate
- Inactive ingredients: talc, cornstarch, magnesium stearate and aerosil.

- MAL number:

MAL08111794X

Manufacturer and Product Registration Holder

Prime Pharmaceutical Sdn. Bhd.
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Taman Perindustrian Bukit Tengah
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