

Nn GLUCOSAMINE CAPSULES

Glucosamine sulphate (500mg)

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What Nn Glucosamine is used for

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

How Nn Glucosamine 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.

Before you use Nn Glucosamine

- When you must not use it
 - allergic to glucosamine and shellfish.
- Before you start to use it

Glucosamine sulphate is a causal therapy and the effect is only seen after a week. Therefore, it is advisable to include an antiinflammatory medicine (in case of severe pains) during the first days of treatment.
- 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. Tell the 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 Nn Glucosamine

- How much to use
Light to moderate symptoms – 1 capsule twice daily for at least 6 weeks. Severe symptoms – Initially, 1 capsule three times daily is recommended during a period of at least 8 weeks. Maintenance treatment should be followed for 3 – 4 months (as directed by doctor) or 1 capsule taken twice daily.

- 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 Nn Glucosamine, contact your doctor, an emergency department or a poison center immediately.

While you are using Nn Glucosamine

- 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 breast-feeding during treatment, stop taking Nn Glucosamine unless advised by doctor.

Side effects

Like all medicines, Nn Glucosamine can cause side effects, although not everybody gets them. Visit your doctor or pharmacist immediately if you experience any side effects after taking this medicine. 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 Nn Glucosamine

- 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
Ivory opaque cap/ivory opaque body vegetable capsules.

- Ingredients:

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

- MAL number:
MAL07010937X

Manufacturer and Product Registration Holder

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