

Live-well™ OsteSAMIN™ Plus CHONDROITIN FORTE Tablet

Glucosamine HCl 750mg and Chondroitin sulphate 600mg

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What Live-well™ OsteSAMIN™ Plus CHONDROITIN FORTE is used for

Live-well™ OsteSAMIN™ Plus CHONDROITIN FORTE is used as an adjunctive therapy for osteoarthritis (joint disease).

How Live-well™ OsteSAMIN™ Plus CHONDROITIN FORTE works

It contains two active ingredients- glucosamine and chondroitin sulphate.

Glucosamine plays a major role in the promotion and maintenance of the structure and function of cartilage in the bone joint. Glucosamine stimulates the biosynthesis of mucopolysaccharides – the key structural components of joint cartilage which are essential for proper joint function. Glucosamine also increases synovial fluid production and viscosity, giving better lubricant activity for the joints.

Chondroitin sulphate is vital for the structure and function of articular cartilage. Chondroitin sulphate is an important component of aggrecan which is found in articular cartilage. Aggrecan confers upon articular cartilage shock-absorbing properties. It does this by providing cartilage with a swelling pressure that is restrained by the tensile force of collagen fibers. This balance confers upon articular cartilage the deformable resilience vital to its function.

Before you use Live-well™ OsteSAMIN™ Plus CHONDROITIN FORTE

- When you must not use it

- Do not take Live-well™ OsteSAMIN™ Plus CHONDROITIN FORTE if you have hypersensitivity to shellfish, glucosamine and chondroitin sulphate.
- If you are pregnant or breastfeeding, please consult your doctor or healthcare professional before taking this product.

- Before you start use it

You must consult a doctor or pharmacist if you have any problem with your kidney.

- Taking other medicines

The effect of glucosamine on insulin sensitivity and glucose tolerance is unclear, caution is advised for diabetic patients. Diabetics who are under medication will need to monitor their blood glucose and may need to adjust the doses of their medications if necessary.

How to use Live-well™ OsteSAMIN™ Plus CHONDROITIN FORTE

- How much to use

Follow all directions given in the leaflet 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. Moderate to severe osteoarthritis (joint disease) symptoms: Take 1 tablet twice daily. Maintenance dose: Take 1 tablet daily.

- When to use it

Tablet should be taken 15 minutes before meals.

- How long to use it

As per the dosage recommendation

- If you forget to use it

Take the missed dose as soon as you remember.

- If you use too much (overdose)

Consult a doctor or pharmacist for advice immediately.

While you are using it

- Things you must do

Take your dose exactly as given in the leaflet.

- Things you must not do

Do not use the product after the expiry date which is stated on the pack after 'EXP'. The expiry date refers to the last day of the month.

- Things to be careful of

Glucosamine and chondroitin sulphate treats the cause of osteoarthritis (joint disease) and relief can be seen only after some time. Therefore, if severe pain is present during this period, it may be necessary to take an analgesic such as aspirin or a non-steroidal anti-inflammatory drug (NSAID).

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Side effects

Do not be alarmed by this list of possible side effects. You may not experience any of them.

- Cardiovascular: Peripheral oedema (accumulation of fluid causing swelling), tachycardia (heart beats faster than normal) were reported in a few patients. Causal relationship has not been established.
- Central nervous system: Drowsiness, headache, insomnia (inability to sleep) have been observed rarely during therapy (less than 1%).
- Gastrointestinal: Nausea, vomiting, diarrhea, dyspepsia (indigestion) or epigastric pain, constipation, heartburn and anorexia (lack of appetite) have been described rarely during oral therapy with glucosamine.
- Skin: Skin reactions such as erythema (redness of the skin) and pruritus (itching of the skin) 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 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 Live-well™ OsteSAMIN™ Plus CHONDROITIN FORTE

- Storage

Keep container tightly closed. Store in dry place below 30°C.

- Disposal

Products 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

A white to off white color oblong shaped tablet. Length of the tablet is 23.7 mm.

- Ingredients

- Active ingredient

- Glucosamine HCL.
- Chondroitin Sulphate Sodium

- Inactive ingredients

- Croscarmellose sodium
- Magnesium Stearate
- Colloidal Silicon Dioxide
- Sodium Starch Glycollate
- Corn Starch
- Hydroxypropyl Methyl Cellulose
- Polyethylene Glycol
- Propylene Glycol
- Talc
- Titanium Dioxide

- MAL number:

MAL10110038X

Manufacturer

PAHANG PHARMACY SDN. BHD. (10826-K)
Lot 5979, Jalan Teratai,
5 ½ Miles Off Jalan Meru,
41050 Klang,
Selangor Darul Ehsan, Malaysia.

Product Registration Holder

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