

# DONNA GLUCO-C PLUS MSM CAPSULE<sup>®</sup>

Glucosamine/Chondroitin sulphate/Methylsulfonylmethane (250mg/100mg/150mg)

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## What DONNA Donna Gluco-C Plus MSM is used for

Donna Gluco-C Plus MSM is used as an additional therapy for osteoarthritis (joint inflammation that is due to cartilage degeneration).

## How Donna Gluco-C Plus MSM works

Donna Gluco-C Plus MSM contains glucosamine, chondroitin sulphate and methylsulfonylmethane as active ingredients.

Glucosamine is a chemical found in the human body. It is used by the body to produce a variety of other chemicals that are involved in building fluid that surrounds joints.

Chondroitin sulphate helps to retain water that protects the joints from further damage and slows the progression of arthritis.

Methylsulfonylmethane, as a source of sulphur is needed for the formation of connective tissue.

## Before you use Donna Gluco-C Plus MSM

### - When you must not use it

Do not take this medicine if you have an allergy to:

- glucosamine
- chondroitin
- methylsulfonylmethane
- shellfish
- any of the other ingredients listed at the end of this leaflet

Do not take this medicine after the expiry date printed on the pack or if the packaging is torn or shows signs of tampering.

If it has expired or is damaged, return it to your pharmacist for disposal.

If you are not sure whether you should start taking this medicine, talk to your doctor or pharmacist.

### - Before you start to use it

Tell your doctor or pharmacist if you have allergies to any other medicines, foods, preservatives or dyes.

Tell your doctor or pharmacist if you have any of the following medical conditions:

- Type 2 diabetes
- Overweight

Donna Gluco-C Plus MSM is not recommended for used in children under 12 years. Consult your doctor before using if you are pregnant or breastfeeding.

### - Taking other medicines

Tell your doctor or pharmacist if you are taking any other medicines, including any that you get without a prescription from your pharmacy, supermarket or health food shop.

Some medicines and Donna Gluco-C Plus MSM may interfere with each other.

These include:

- Anticoagulants such as Warfarin
- Painkillers like NSAIDs. Example of NSAIDs is ibuprofen
- Medicines for obesity or high cholesterol such as Chitosan
- Medicines for diabetes such as insulin

These medicines may be affected by Donna Gluco-C Plus MSM or may affect how well it works.

You may need different amounts of your medicines, or you may need to take different medicines.

Your doctor and pharmacist have more information on medicines to be careful with or avoid while taking this medicine.

## How to use Donna Gluco-C Plus MSM

Follow all directions given to you by your doctor and pharmacist carefully.

These directions may differ from the information contained in this leaflet.

If you do not understand the instructions on the pack, ask your doctor or pharmacist for help.

### - How much to use

*Mild to moderate osteoarthritis:*  
Take 1 capsule twice daily is for 6 weeks.

*Severe osteoarthritis:*  
Take 1 capsule three times a day for 8 weeks.

Maintenance dose:

Take 1 capsule twice daily for 3 to 4 months.

- When to use it

Take Donna Gluco-C Plus MSM as your doctor has prescribed.

- How long to use it

Continue taking Donna Gluco-C Plus MSM for as long as your doctor recommends.

- If you forget to use it

Take your dose as soon as you remember, and continue to take it as you would normally.

If it is almost time for your next dose, skip the dose you missed and take your next dose when you are meant to.

Do not take a double dose to make up for the dose that you missed. This may increase the chance of you getting an unwanted side effect.

- If you use too much (overdose)

Immediately telephone your doctor for advice or go to Accident and Emergency (Casualty) at the nearest hospital if you think that you or anyone else may have taken too much Donna Gluco-C Plus MSM.

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

Tell all the doctors, dentists and pharmacists who are treating you that you are taking Donna Gluco-C Plus MSM.

If you are about to start taking any new medicine, tell your doctor and pharmacist that you are taking Donna Gluco-C Plus MSM.

- Things you must not do

Do not take Donna Gluco-C Plus MSM to treat any other complaints unless your doctor tells you to.

Do not give your medicine to anyone else, even if they have the same condition as you.

- Things to be careful of

Be careful driving or operating machinery until you know how Donna Gluco-C Plus MSM affects you.

**Side effects**

All medicines can have side effects. Sometimes they are serious, most of the time they are not.

Ask for the advice from your doctor or pharmacist if you have any concerns about the effects of taking this medicine.

Cardiovascular: water retention at the arms or legs, heart rate above normal was reported in a few people.

Central nervous system: Drowsiness, headache, sleeping difficulties has been observed rarely occur (less than 1%).

Gastrointestinal: Nausea, vomiting, diarrhoea, indigestion or epigastric pain, constipation, heartburn and anorexia (eating disorder) have been rarely occur.

Skin: Skin reactions such as redness of skin and itching have been reported

Tell your doctor or pharmacist if you notice anything else that is making you feel unwell.

You may report any side effects or adverse drug reactions directly to the National Centre for Adverse Drug Monitoring by calling Tel: 03-78835549, or visiting the website [npra.moh.gov.my](http://npra.moh.gov.my) [Public →

Reporting Side Effects to Medicines (ConSERF) or Vaccines (AEFI)].

**Storage and Disposal of Donna Gluco-C Plus MSM**

- Storage

Keep your medicine in its original packaging until it is time to consume them.

Keep your medicine in a place where the temperature stays below 30°C. Protect from light.

Do not store your medicine, or any other medicine, in the bathroom or near a sink.

Keep the medicine where children cannot reach them.

- Disposal

If your doctor or pharmacist tells you to stop taking this medicine or it has passed its expiry date, ask your pharmacist what to do with any medicine that is left over.

**Product Description**

- What it looks like

Capsule with red cap marked 'DONNA' and ivory body marked 'Plus' with white to off-white fill.

- Ingredients

- Active ingredient:

- Each capsule contains glucosamine 250mg, chondroitin sulphate 100mg and methylsulfonylmethane 150mg.

- Inactive ingredients:

- Talc
- Colloidal silicon dioxide
- Magnesium stearate
- Microcrystalline cellulose

- MAL number

MAL12025062X

**Manufacturer**

UPHA Pharmaceutical  
Manufacturing (M) Sdn. Bhd  
(53667-M)  
Lot 2& 4, Jalan P/7, Seksyen 13,  
Bangi Industrial Estate  
43650 Bandar Baru Bangi.  
Selangor Darul Ehsan.

**Product Registration Holder**

CCM Pharmaceuticals Sdn Bhd.  
(27754-W)  
Lot 2& 4, Jalan P/7, Seksyen 13,  
Bangi Industrial Estate  
43650 Bandar Baru Bangi.  
Selangor Darul Ehsan.

**Date of Revision**

24/09/2018

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