

GNC GLUCOSAMINE 500 CHONDROITIN 400 SOFTGEL CAPSULE

Glucosamine/ Chondroitin (500mg/400mg)

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What *GNC Glucosamine 500 Chondroitin 400* is used for

Use as an adjunctive therapy in degenerative joint arthritis caused by loss of cartilage in the joints.

How *GNC Glucosamine 500 Chondroitin 400* works

It may play a role in the promotion, maintenance of the structure and function of cartilage in the joints of the body.

Glucosamine/Chondroitin may also have anti-inflammatory properties.

Before you use *GNC Glucosamine 500 Chondroitin 400*

-When you must not use it

Do not use if you are hypersensitive to Glucosamine or if you are allergic to shellfish. Because of insufficient safety data, children, pregnant women and nursing mothers should avoid using *GNC Glucosamine 500 Chondroitin 400*.

If you are pregnant or lactating and need to use Glucosamine, use only under medical supervision.

- Before you start to use it

Tell your doctor if you have any medical conditions.

-Taking other medicines

Glucosamine may increase insulin resistance and consequently affect glucose tolerance. If you are diabetic, a doctor may need to adjust the dose of the medications you take to control blood glucose. No other medicine, nutritional supplement, food or herb interaction is known.

How to use *GNC Glucosamine 500 Chondroitin 400*

-How much to use

Take three capsules daily. Light to Moderate: 1 capsule twice daily at least 6 weeks, before meals (or according to medical prescription)

Severe Osteoarthritis Symptoms: Initial therapy : 1 capsule, 3 times daily during a period of at least 8 weeks.

Follow-up therapy: Maintenance therapy should be followed for 3-4 months (or according to medical prescription) by administration of 1 capsule taken twice daily.

-When to use it

Take it preferably with meals.

-How long to use it

Continue taking *GNC Glucosamine 500 Chondroitin 400* for as long as your doctor or pharmacist recommends.

-If you forget to use it

Take the missed dose as soon as you remember. If it is almost time for your next dose, wait until then to take and skip the missed dose. Do not take a double dose to make up for the missed dose.

-If you use too much (overdose)

Contact your doctor immediately or go to the Emergency Department of your nearest hospital, if you think you or anyone else may have taken too much of this medicine. Do this even if there are no signs of discomfort or poisoning. You may need urgent medical attention.

While you are using *GNC Glucosamine 500 Chondroitin 400*

-Things you must do

Those with type 2 diabetes and have a problem with glucose tolerance should have their blood glucose carefully monitored.

-Things you must not do

Do not take any new medicine without consulting your doctor or pharmacist.

-Things to be careful of

Administration during the first three months of pregnancy must be avoided.

Side Effects

Cardiovascular:
Accumulation of fluid that causes swelling in the lower limbs and rapid heart beat.

Central nervous system :
Sleepiness, headache and not able to sleep is uncommon (less than 1%).

Gastrointestinal :
Nausea, vomiting, diarrhoea, indigestion or pain in the upper abdomen, constipation, heartburn and loss of appetite have been rarely described .

Skin :
Skin reactions such as redness and itching have been reported .

You may report any side effects or adverse drug reactions directly to the National Center for Adverse Drug Reaction Monitoring by calling Tel:03-78835549 or visiting the website npra.moh.gov.my (Public → Reporting Side Effects to Medicines (ConSERF) or Vaccines (AEFI)).

Storage and Disposal of *GNC Glucosamine 500 Chondroitin 400*

-Storage

Store in a dry place below 30°C.
Protect from light and moisture.

- 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

Oblong dark brown opaque softgel capsule

-Ingredients

-Active ingredients
Glucosamine Hydrochloride
500mg
Chondroitin Sulfate 400mg

-Inactive ingredients:
Titanium Dioxide, White
Beeswax, Glycerin, Silicon
Dioxide, Deionised Water,
Gelatin, Lecithin, Soybean Oil,
Caramel

-MAL number

MAL08010747X

Manufacturer:
Nutra Manufacturing, Inc.
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