

Live-well™ OsteSAMIN™ Plus CHONDROITIN & MSM Tablet

Glucosamine, Chondroitin Sulphate, Methylsulfonylmethane (500mg/400mg/300mg)

What is in this leaflet

1. What Live-well™ OsteSAMIN™ Plus CHONDROITIN & MSM is used for
2. How Live-well™ OsteSAMIN™ Plus CHONDROITIN & MSM works
3. Before you use Live-well™ OsteSAMIN™ Plus CHONDROITIN & MSM
4. How to use Live-well™ OsteSAMIN™ Plus CHONDROITIN & MSM
5. While you are using it
6. Side effects
7. Storage and Disposal of Live-well™ OsteSAMIN™ Plus CHONDROITIN & MSM
8. Product Description
9. Manufacturer and Product Registration Holder
10. Date of revision

What Live-well™ OsteSAMIN™ Plus CHONDROITIN & MSM is used for

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

How Live-well™ OsteSAMIN™ Plus CHONDROITIN & MSM works

It contains three active ingredients- glucosamine, chondroitin sulphate and methylsulfonylmethane (MSM).

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 which is 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. Glucosamine is well-absorbed after oral intake, and is distributed mainly to bones and joint tissues.

Chondroitin sulfate is vital for the structure and function of articular cartilage. Chondroitin sulfate 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.

Methylsulfonylmethane (MSM) is an organic sulphur-containing compound. It is an oxidation product of the organic solvent, dimethyl sulfoxide (DMSO). DMSO has been used in the treatment of arthritis (painful inflammation and stiffness of the joints) and connective tissue injuries because cartilage has a high content of sulphur, and sulphur is needed for the formation of connective tissue, MSM as a source of sulphur could be useful in the management of conditions such as osteoarthritis (joint disease) and joint injuries where there is degeneration or destruction of cartilage.

Before you use Live-well™ OsteSAMIN™ Plus CHONDROITIN & MSM

- When you must not use it

- Do not take Live-well™ OsteSAMIN™ Plus CHONDROITIN & MSM if you have hypersensitivity to shellfish, Glucosamine, Chondroitin sulfate and Methylsulfonylmethane (MSM).
- 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 & MSM

- 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 one tablet three times daily.

Maintenance dose: Take one tablet twice daily.

- When to use it

Tablets 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.

Live-well™ OsteSAMIN™ Plus CHONDROITIN & MSM Tablet

Glucosamine, Chondroitin Sulphate, Methylsulfonylmethane (500mg/400mg/300mg)

- 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).

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 & MSM

- 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

White to off white oblong shaped, film coated tablets. Length of the tablet is 19.8mm.

- Ingredients

- Active ingredient

- Methylsulfonylmethane (MSM)
- Glucosamine HCl
- Chondroitin sulfate 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:

MAL10120048X

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

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

Date of revision

28/03/2017

Serial Number

BPFK(R4/1)280317/00041