

# FLEXIJOINT TABLET/ CAPSULE

Glucosamine Sulphate (250mg, 500mg)

## What is in the leaflet

1. What Flexijoint Tablet/ Capsule is used for
2. How Flexijoint Tablet/ Capsule works
3. Before you use Flexijoint Tablet/ Capsule
4. How to take Flexijoint Tablet/ Capsule
5. While you are using it
6. Side Effects
7. Storage and Disposal of Flexijoint Tablet/ Capsule
8. Product Description
9. Manufacturer and Product Registration Holder
10. Date of revision

## What Flexijoint Tablet/ Capsule is used for

Flexijoint Tablet/ Capsule is indicated as add-on therapy for degenerative arthritis.

## How Flexijoint Tablet/ Capsule works

Flexijoint Tablet/ Capsule contains Glucosamine which forms cartilage tissue in the body and provides lubricant activity by increasing joint fluid production.

## Before you use Flexijoint Tablet/ Capsule

### - When you must not take it

Do not take this product if you are allergic (hypersensitivity) to Glucosamine, or to any of the excipients.

This product should not be given to patients who allergic to shellfish.

### - Before you start to use it

This product should only be used under medical supervision in pregnancy and lactating mothers. Administration during the first 3 months of pregnancy must be avoided.

### - Taking other medicines

Glucosamine may reduce the effectiveness of antidiabetic agent such as Acarbose, Acetohexamide, Chlorpropamide, Glipizide, Glyburide, Metformin, Miglitol, Pioglitazone, Repaglinide, Rosiglitazone, Glimpiride, Tolbutamide and Troglitazone. Glucosamine may also reduce the effectiveness of anticancer agent such as Doxorubicin, Etoposide and Teniposide. Concomitant use of Glucosamine potentiates the effect of Warfarin.

## How to take Flexijoint Tablet/ Capsule

### - How much to take

Initial: Take 2 tablets/ 1 capsule 3 times a day before food.

The initial therapy should be taken for at least 3 months (or as directed by healthcare professional) before noticing improvement.

Maintenance: Take 2 tablets 2 times a day/ 1 capsule 2 times a day before food.

Following the initial 3 months therapy, dose can be increased or decreased based on individual response.

### - When to take it

May be taken before food.

### - How long to take it

Take as directed by your doctor or pharmacist.

### - If you forget to take it

If you forget to take Flexijoint Tablet / Capsule, take it as soon as you remember. Never double up on the next dose to make up for the one missed.

### - If you take too much (overdose)

No cases of accidental overdose are known or have been reported.

## While you are using Flexijoint Tablet/ Capsule

### - Things you must do

To treats the underlying cause of osteoarthritis, it is advisable to take a pain killer or anti-inflammatory drug if required during the first 2 to 3 weeks of therapy as the therapeutic effect can only be seen after 2 to 3 weeks.

A doctor should be consulted in order to exclude the presence of other joint conditions/diseases for which an alternative treatment should be considered.

### - Things you must not do

Safety and effectiveness have not been established in children, therefore children should avoid using it.

### - Things to be careful of

The administration in patients with severe liver or kidney failure should be made under medical supervision.

## Side Effects

Cardiovascular: Peripheral oedema, tachycardia were reported.

Central nervous system: Drowsiness, headache, insomnia have been observed rarely.

Gastrointestinal: Nausea, vomiting, diarrhoea, dyspepsia or epigastric pain, constipation, heartburn and anorexia have been described rarely during oral therapy with Glucosamine.

Skin: Skin reactions such as erythema and pruritus have been reported.

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 [np.ra.moh.gov.my](http://np.ra.moh.gov.my) (Public Reporting Medicinal Problems / Side Effects / AEFI / Vaccine Safety).

## Storage and Disposal of Flexijoint Tablet/ Capsule

### Storage

- Store below 30°C.
- Protect from light, heat and moisture.
- Keep out of reach of children.

### Disposal

Do not take this after the expiry date. An expiry date is printed on the label and box of the medicine.

## Product Description

### - What it looks like

Flexijoint Tablet is a white coloured, round and uncoated tablet with score on one side. Flexijoint Capsule is a white and red coloured capsule containing white coloured fine powder.

## Ingredients

### Active ingredient

Flexijoint Tablet contains Glucosamine Sulphate 250mg.

Flexijoint Capsule contains Glucosamine Sulphate 500mg.

### Inactive Ingredients

#### Flexijoint Tablet

Vinyl Pyrrolidone (Plasdone S630), Synthetic Precipitated Silica (Flo-Gard), Sodium Starch Glycolate, Magnesium Stearate, Microcrystalline cellulose (Avicel PH 101).

#### Flexijoint Capsule

Magnesium Stearate, Sorbitol Powder.

### - MAL Number:

Flexijoint 250mg Tablet: MAL07091081X

Flexijoint 500mg Capsule: MAL07091075X

## Manufacturer and Product Registration Holder

WINWA MEDICAL SDN. BHD.

1952, Lorong I.K.S. Bukit Minyak 3, Taman I.K.S. Bukit Minyak, 14000 Bukit Mertajam, Pulau Pinang, Malaysia.

## Date of revision

2/10/ 2017

## Serial Number:

NPRA(R4/1)290917/00259

X.C5FJ-PIL.01