

Patient Leaflet:
Patient Information on **Glucosamine Plus**
Film Coated Tablets
Adults use only

Read all of this leaflet carefully before you start taking this medicine, because it contains important information for you.

- Keep this leaflet. you may need to read it again.
- If you have any further questions, ask your doctor or pharmacist.
- This medicine has been prescribed for you only. Do not pass it on to others. It may harm them, even if their signs of illness are the same as yours.
- If you get any side effects, talk to your doctor or pharmacist. This includes any possible side effects not listed in this leaflet.

The following information is provided in this Patient Leaflet:

1. What **Glucosamine Plus** is and what it is used for
2. What you need to know before you take **Glucosamine Plus**
3. How to use **Glucosamine Plus**
4. Possible side effects
5. How to store **Glucosamine Plus**
6. More detailed information

1. What Glucosamine Plus is and what it is used for

The two main ingredients in **Glucosamine Plus**, chondroitin sulfate and glucosamine hydrochloride, stimulate the production of cartilage. In younger, healthier individual cartilage cells would normally accomplish this task.

However, as one ages, cartilage cells die off and are not replaced. This starts a cycle of destruction in the cartilage. There are also enzymes present that degrade cartilage.

Glucosamine hydrochloride stimulates cartilage production while chondroitin sulfate inhibits enzymes that break down cartilage. Chondroitin sulfate slows the progression of cartilage deterioration as well as reduces joint pain.

Glucosamine Plus is more effective when used in the early stages of joint deterioration. Early action is always the best advice. If you notice changes in flexibility or joint function, it is best to see your doctor.

2. What you need to know before you take Glucosamine Plus?

Talk to your doctor or pharmacist before taking your medicine if:

Although not enough studies have been done on glucosamine hydrochloride and chondroitin sulfate to know all of the necessary precautions, the following groups of people should be especially careful when considering this product:

- Children, women who are pregnant and women who could become pregnant or nursing mothers should not take this product.
- Because glucosamine is an amino sugar, people who have diabetes should check their blood sugar levels more frequently if they take this product.
- Patients with hypercholesterolemia and gastric ulcer should take this drug with care.
- If you are taking chondroitin sulfate in addition to a blood-thinning medication or daily aspirin therapy, have your blood clotting time checked more often. This product is similar in structure to the blood-thinning drug heparin, and the combination may cause bleeding in some people.
- The product should be administered with caution to patients with bleeding, with a predisposition to bleeding, and with bronchial asthma

People who are sensitive to any of the components should not take this drug.

Other Medicines and Glucosamine Plus

Tell your doctor or pharmacist if you are taking, have recently taken or might take any other medicines. If you are taking blood-thinning medication (e.g. warfarin, heparin) or daily aspirin therapy, tell your doctor before taking **Glucosamine Plus**, as it may cause bleeding in some people.

Pregnancy and breast-feeding

Women who are pregnant and women who could become pregnant or nursing mothers should not take this product.

Driving and using machines

No studies have been performed. This product is not expected to have an effect on the ability to drive or use machines.

3. How to take Glucosamine Plus:

- Always take this medicine exactly as your doctor has told you. You should check with your doctor or pharmacist if you are not sure.
- Your doctor may discuss with you: Weight control, exercise and taking **Glucosamine Plus**.
- Suggested daily intake: One film coated tablet three times daily with a full glass of water.
- Usually, positive changes occur in one or two months. After one month you may start reducing the number of film coated tablets.
- If you have a condition or an allergy that requires medical attention you should always consult your physician before taking any drug.

If you take more Glucosamine Plus than you should

- If you take more **Glucosamine Plus** than you should, you must consult your doctor, pharmacist or a hospital.

If you forget to take Glucosamine Plus

- Take the next dose as planned.
- Do not take a double dose to make up for a forgotten one.

If you stop taking Glucosamine Plus

- Your symptoms may re-occur.
- If you have any further questions on the use of this product, ask your doctor or pharmacist.

4. Possible side effects

The most common side effects of glucosamine hydrochloride and chondroitin sulfate are increased intestinal gas and softened stools.

Be sure to consult your doctor if you notice any unusual or new symptoms while you are taking this product.

Reporting of side effects

If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet.

5. How to store Glucosamine Plus

- Store below 25°C.

- Keep out of the reach of children.
- Do not use this medicine after the expiry date which is stated on the label or carton. The expiry date refers to the last day of that month.
- Do not throw away any medicines via wastewater or household waste. Ask your pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

6. More detailed information

Each **Glucosamine Plus** film coated tablet contains:

Glucosamine Hydrochloride	500 mg
Chondroitin Sulfate Sodium	400 mg

The other ingredients are:

Core: Microcrystalline cellulose, povidone, croscarmellose sodium, colloidal silicon dioxide, magnesium stearate.

Tablet coating: Hydroxypropyl methylcellulose, polyethylene glycol, talc, titanium dioxide.

What Glucosamine Plus looks like and contents of the pack

Glucosamine Plus: White oval biconvex film coated tablet, length 19.3 mm ($\pm 5.0\%$), width 9 mm ($\pm 5.0\%$).

Each pack contains a leaflet with white plastic bottle containing 30, 60 or 100 film coated tablets with a desiccant bag. Each plastic bottle is supplied with a child-resistant screw cap and an aluminum seal.

Marketing Authorization Holder and Manufacturer

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