

Package leaflet: Information for the user

Glucosamine Pharma Nord 400 mg hard capsules Glucosamine

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.
- Ask your pharmacist if you need more information or advice.
- If you get any side effects, talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in this leaflet. See section 4.
- You must talk to a doctor if you do not feel better or if you feel worse after 30 days.

What is in this leaflet

1. What Glucosamine Pharma Nord is and what it is used for
2. What you need to know before you take Glucosamine Pharma Nord
3. How to take Glucosamine Pharma Nord
4. Possible side effects
5. How to store Glucosamine Pharma Nord
6. Contents of the pack and other information

1. WHAT GLUCOSAMINE PHARMA NORD IS AND WHAT IT IS USED FOR

Glucosamine Pharma Nord belongs to the group of medicines called non-steroid anti-inflammatory and anti rheumatic drugs.

Glucosamine Pharma Nord capsules are used for the relief of symptoms in mild to moderate osteoarthritis of the knee.

Your doctor may have given you Glucosamine Pharma Nord for other use. Always follow your doctor's instructions.

2. WHAT YOU NEED TO KNOW BEFORE YOU TAKE GLUCOSAMINE PHARMA NORD

Do not take Glucosamine Pharma Nord

- if you are allergic (hypersensitive) to glucosamine or to any of the other ingredients.
- if you are allergic (hypersensitive) to shellfish, as the active substance is extracted from shellfish.

Take special care with Glucosamine Pharma Nord

Before you start treatment with Glucosamine Pharma Nord you should visit your doctor to exclude the presence of joint diseases which needs other treatment.

Glucosamine Pharma Nord contains 2.2 mmol (87 mg) potassium per capsule. To be taken into consideration by patients with reduced kidney function or patients on a controlled potassium diet.

Tell also your doctor:

- if you have a known increased cholesterol level as increased cholesterol level in the blood has been observed in a few cases in patients treated with glucosamine. Control of cholesterol levels is advised before and during treatment.

- if you suffer from asthma. When starting on glucosamine, you should be aware of potential worsening of symptoms.
- if you suffer from diabetes mellitus. More frequent controls of your blood sugar levels may be necessary when starting treatment with glucosamine.

Taking other medicines

Please tell your doctor or pharmacist if you are taking or have recently taken any other medicines. This also applies to medicines obtained without a prescription, herbal medicines and strong vitamins and minerals.

Caution should be exercised if Glucosamine Pharma Nord is taken concomitantly with other medicines, especially:

- blood thinning medicines (warfarin)
- tetracycline

Taking Glucosamine Pharma Nord with food and drink

You can take the capsules with food and drink.

Pregnancy and breast-feeding

Ask your doctor or pharmacist for advice before taking any medicine.

Pregnancy

Glucosamine Pharma Nord should not be used in pregnancy.

Breast-feeding

Glucosamine Pharma Nord should not be used while breastfeeding.

Driving and using machines

It is not known if Glucosamine Pharma Nord affects the ability to operate machinery or to drive. If you experience drowsiness, dizziness, nausea or vomiting after starting treatment with Glucosamine Pharma Nord, you should not be driving or operating machinery.

3. HOW TO TAKE GLUCOSAMINE PHARMA NORD

Adults and elderly

The usual dose is 1 capsule 3 times daily (corresponding to 1200 mg glucosamine).

You can alternatively take all 3 capsules at the same time. The capsule(s) should be taken with a full glass of water.

Glucosamine cannot be used for the treatment of acute pain. Relief of symptoms (especially pain relief) may not be experienced until after several weeks of treatment and in some cases even longer. If no relief of symptoms is experienced after 2-3 months, continued treatment with glucosamine should be reevaluated.

For oral use.

Children

Do not use in children below the age of 18 without asking your doctor.

Impaired kidney and liver function

Follow your doctor's advice.

If you take more Glucosamine Pharma Nord than you should

Contact your doctor, emergency unit or pharmacist if you have taken more Glucosamine Pharma Nord than stated in this leaflet or more than your doctor has prescribed.

If you forget to take Glucosamine Pharma Nord

Do not take a double dose to make up for a forgotten capsule.

4. POSSIBLE SIDE EFFECTS

Like all medicines, Glucosamine Pharma Nord can cause side effects, although not everybody gets them.

The following side effects have been reported:

Common side effects

(occur in between 1 and 10 out of 100 treated):

- Headache
- Tiredness
- Nausea
- Abdominal pain
- Indigestion
- Diarrhoea
- Constipation

Uncommon side effects

(occur in between 1 and 10 out of 1,000 treated):

- Rash
- Itching
- Flushing of the skin.

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. You can also report side effects directly via HPRC Pharmacovigilance, Earlsfort Terrace, IRL - Dublin 2; Tel: +353 1 6764971; Fax: +353 1 6762517. Website:www.hpra.ie; E-mail:medsafety@hpra.ie.

By reporting side effects you can help provide more information on the safety of this medicine.

5. HOW TO STORE GLUCOSAMINE PHARMA NORD

- Keep out of the reach and sight of children.
- Do not store above 25°C.
- Keep the bottle tightly closed.
- Do not use Glucosamine Pharma Nord after the expiry (EXP) date which is stated on the label.
The expiry date refers to the last date of that month.

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.

6. CONTENTS OF THE PACK AND OTHER INFORMATION

What Glucosamine Pharma Nord contains

- The active substance: glucosamine. Each capsule contains 676 mg of glucosamine hemisulphate potassium chloride complex (1:1) corresponding to 509 mg glucosamine hemisulphate corresponding to 400 mg glucosamine.
- The other ingredients: magnesium stearate
- Capsule: gelatine. Colouring: iron oxide (E 172).

What Glucosamine Pharma Nord looks like and contents of the pack

Appearance

Glucosamine Pharma Nord is a yellow hard gelatine capsule containing a white crystallized powder.

Pack sizes:

60, 90, 270 and 1000 capsules.

Not all pack sizes may be marketed.

Marketing Authorisation Holder and Manufacturer

Pharma Nord ApS

Tinglykke 4-6

DK-6500 Vojens

Denmark

Tel: +45 75 85 74 00