

GLUCOSAMINE SULFATE

FLEXSA 1500

1.5 g Powder for Oral Solution

Anti-inflammatory / Antirheumatic

FORMULATION :

Each 3.7 g sachet contains :

Crystalline Glucosamine Sulfate 2 Potassium Chloride	1992.15 mg
Equivalent to Glucosamine Sulfate	1.5 g

PHARMACOKINETICS :

About 90% of Glucosamine administered orally as a Glucosamine salt gets absorbed from the small intestine, and from there it is transported via the portal circulation to the liver, with only 10% appearing in the feces. It appears that a significant fraction of the ingested Glucosamine is catabolized by first-pass metabolism in the liver. The absorbed Glucosamine, 25% will be excreted in the urine, 65% excreted as exhaled carbon dioxide, with the remaining 10% retained in the tissues.

ACTIONS :

The actions of supplemental Glucosamine may play a role in the promotion and maintenance of the structure and function of cartilage in the joints of the body. It may also have anti-inflammatory properties.

INDICATIONS :

Prevention and treatment of all forms of degenerative joint diseases, such as osteoarthritis (arthrosis, peri-arthritis, lumbago, fractures, osteoarticular dystrophies, chronic and subacute arthritis).

DOSAGE & ADMINISTRATION :

The usual dose for an osteoarthritic patient is 1500 milligrams daily. One (1) sachet dissolved in a glass of 250 mL of water, and should be taken after meals. For obese patients (>75 kg body weight), typical daily dose is 20 mg/kg body weight. Patients taking diuretics may also need to take higher dose. Full effects usually take 4-6 weeks to occur. In cases of intense pain, it is recommended to take anti-inflammatory drug during the initial treatment period.

CONTRAINDICATIONS :

There are no known contraindications to Glucosamine supplementation. However, known hypersensitivity to Glucosamine is contraindicated.

PRECAUTIONS :

Glucosamine may increase insulin resistance, and consequently affect glucose tolerance. Persons with type 2 diabetes, overweight and have problems with glucose tolerance should have their blood sugar carefully monitored when taking Glucosamine. Due to insufficient safety data, children, pregnant women and nursing mothers should avoid taking Glucosamine.

ADVERSE REACTIONS / SIDE EFFECTS :

Glucosamine appears to have a good safety record. Reported side effects are generally limited to mild gastrointestinal complaints including stomach upset, heartburn, diarrhea, nausea and indigestion.

No allergic reactions have been reported including sulfa-allergic reactions to Glucosamine sulfate.

INTERACTIONS :

Diabetics, who are under medications and want to take Glucosamine need to monitor their blood glucose, and may need to adjust the doses of their medicines for their blood glucose control. This needs to be done under medical supervision. No other drug, nutritional supplement, food or herb interaction is known.

STORAGE CONDITION : Store at temperatures not exceeding 30°C.

AVAILABILITY : Aluminum Foil Sachet x 3.7 g packed in Cardboard Box Carton (Box of 30's)

CAUTION : Foods, Drugs, Devices and Cosmetics Act prohibits dispensing without prescription.

Manufactured by :

MEGA LIFSCIENCES Public Company Limited

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Phraeksa, Mueang, Samutprakarn, 10280 Thailand

Under license from : **MEGA LIFSCIENCES (AUSTRALIA) PTY. LTD.**

60, National Avenue, Pakenham, Victoria 3810, Australia

Imported & Distributed by : **METRO DRUG, INC.**

Mañalac Avenue, Bagumbayan, Taguig City, Philippines

DR-XY40433

For suspected adverse drug reaction, report to the FDA : www.fda.gov.ph

Date of First Authorization : 22 December 2011

Date of Renewal of the Authorization : 26 January 2017

Date of Revision of Package Insert : August 2019

I-F601-M25-00-03