



Glucosamine Pharma Nord

What is Glucosamine Pharma Nord?

Glucosamine Pharma Nord is a registered drug in the Pharmacotherapeutic group named: Other anti-inflammatory and antirheumatic agents, non steroids. Glucosamine Pharma Nord consist of of hard, white gelatin capsules (size 0) with glucosamine sulphate in an amount giving 400 mg of pure glucosamine. In addition, each capsule contains 87 mg of potassium. Glucosamine Pharma Nord is intended for the relief of symptoms in mild to moderate osteoarthritis of the knee.

How to take Glucosamine Pharma Nord

The capsules are taken with a glass of water. Dosage is 1 capsule 3 times daily. You can also choose to take the whole day's ration at one time. The capsules can be taken apart, so the powder can be stirred into for example juice or yogurt. The capsules do not need to be taken with a meal. Do not take double dose if you forget a dose, but continue with normal dosing.

Pregnancy and lactation

In the absence of adequate studies on whether glucosamine can be used by pregnant and lactating Glucosamine Pharma Nord is not recommended during the pregnancy and lactation period.

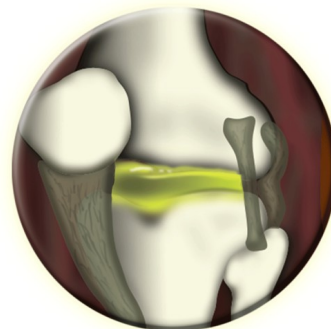
What is glucosamine?

Glucosamine is a small water soluble molecule (an amino-monosaccharide) that the body itself can produ-

ce. Glucosamine is included as a building block in the union of glycosaminoglycan and hyaluronic acid, which both are used in the construction of joint cartilage. In animal experiments, the substance has been found to inhibit cartilage degradation, probably by inhibition of the enzymes involved in the degradation of joint cartilage. Glucosamine is a slow-acting substance, this is why pain relief can only be expected after several weeks of daily glucosamine intake, and in some cases even longer. Glucosamine has low acute toxicity.

What is osteoarthritis?

Osteoarthritis is one of the oldest and most common forms of arthritis in which joint cartilage is degraded by a variety of reasons that do not necessarily have anything to do with "wear-and-tear". In fact, regular exercise and proper use of the joints helps to maintain the cartilage.



Glucosamine Pharma Nord

Declaration

1 capsule contains

Glucosamine hemisulphate	509 mg
Potassium	87 mg

Dosage

Adults and elderly:

The usual dose is 1 capsule 3 times daily.
Alternatively, you can take all 3 capsules at one time.

Children:

Must only be used by children and young people under 18 years of age as directed by physician.

The capsules should be swallowed whole with a full glass of water.

Ingredients

Glucosamine hemisulphate-potassium chloride complex, magnesium stearate. Capsule: Gelatin. Colouring: Titanium dioxide.

Do not use if allergic to crustacean shellfish.

Read the package leaflet before use.

Packaging sizes: 90 and 270 capsules

Storage

Dark, dry and at room temperature. Do not store above 25°C. Store in original packaging and keep container tightly closed. Keep out of reach of young children.

Latest update: July 2011

In a sound and healthy knee the cartilage is intact and is maintained regularly, but over time a degradation process that causes the cartilage to slowly disappear may occur causing the end of the bones to grate against each other. Where the cartilage disappears, the bone tissue compensates by growing and forming so called spurs or osteophytes, which causes pain and/or reduced mobility.

For example, arthritis can be caused by: Age, obesity, genetics (inheritance), improper loading of the joints or monotonous and poor posture. Examples include factory workers, farmers, waste collectors, and librarians, etc. Certain sports also leads to an increased risk of osteoarthritis. For example ballet dancers and soccer players.

The risk of arthritis increases with age. After 65-years of age almost all people experience some degree of osteoarthritis. However, there is a gender difference, as osteoarthritis of the knees are most common in women, whereas men more often experience osteoarthritis of the hips.

Undesirable effects

The most common reactions associated with treatment with glucosamine are nausea, abdominal pain, indigestion, constipation, and diarrhoea. In addition, headache, tiredness, rash, itching, and flushing have been reported. The reported adverse reactions are usually mild and transitory.

Caution required

- By impaired renal function and/or potassium-poor diet
- By diabetes: Measure your blood sugar regularly when taking glucosamine
- By asthma
- Increased INR with coumarin anticoagulants (warfarin and acenocoumaro) has been reported
- The possibility of interactions with other medicines cannot be excluded

When to avoid glucosamine

If you are allergic (hypersensitive) to glucosamine, one of the ingredients or to shellfish, do not take glucosamine as the active substance is derived from shellfish.

Glucosamine Pharma Nord has some unique advantages:

- The smooth surface of the capsule makes it easy to swallow
- The capsule is easily disassembled and the content can be stirred into a glass of orange juice or yogurt
- Does not contain tablet additives

