

## Composition

Contilex<sup>TM</sup> TS: Each tablet contains Glucosamine Sulfate 750 mg as Glucosamine Sulfate Potassium Chloride USP & Chondroitin Sulfate 600 mg as Chondroitin Sulfate Sodium USP.

### Pharmacology

This is a balanced combination of two leading natural supplements of healthy cartilage - Glucosamine and Chondroitin, Glucosamine is a naturally occurring amino sugar of cartilage that provides the basic raw material needed by the body to manufacture joint cartilage. And Chondroitin is another naturally occurring mucopolysaccharide of cartilage that stimulates cartilage production, inhibits cartilage destroying enzymes, draws fluid to the cells and helps lubricate the joints. They work synergistically together to help stimulate the production and regeneration of connective tissues (e. g., cartilage, bone, tendon, skin, mucous membrane, blood vessels etc.).

### Indication

Indicated for the treatment of osteoarthritis of knee, hip, spine, hand and other locations as a dietary supplement. It is also beneficial in rheumatoid arthritis, sport injuries, migraine, different skin problems (e.g., psoriasis), vascular complications (e.g., atherosclerosis), kidney stones and inflammatory bowel disease (e.g., ulcerative collitis, leaky gut syndrome).

### Dosage & Administration

Orally, 1 tablet two times daily or as directed by the physician.

### Contraindication

This combination is contraindicated in patients with known hypersensitivity to glucosamine sulfate and chondroitin sulfate or any components of this product. It is also contraindicated in patients with prostate cancer or those are at high risk of developing it.

#### Precaution

Diabetics patients are advised to monitor blood glucose levels regularly while taking Glucosamine. No special studies were formed in patients with renal and/or hepatic insufficiency. The toxicological and pharmacokinetic profile of the product does not indicate limitations for these patients. However administration to these patients with severe hepatic or renal insufficiency should be under appropriate medical supervision.

### Side effect

Both Glucosamine and Chondroitin Sulfates are virtually nontoxic. Side effects are rare and are limited to stomach upset, nausea or diarrhea. These usually disappear when the tablet is taken with meals.

# Pregnancy & Lactation

Women who are pregnant or who could become pregnant should not be supplemented with Glucosamine and Chondroitin. They have not been studied enough to determine their effects on a developing fetus, and no studies have evaluated the use of Glucosamine and Chondroitin during pregnancy or lactation. It should be taken with caution and medical advice during pregnancy and lactation.

### Use in children

The safety and effectiveness under the age of 18 years have not been established.

### Drug interaction

There have been no reports of significant drug interactions of Glucosamine with antibiotics/ anti-depressants/ antihypertensives/ nitrates/ antiarrythmics/ anxiolytic/ hypoglycemic agents/ anti-secretives. But in case of Chondroitin there is a chance of drug interaction with blood-thinning medications (e.g., warfarin, heparin).

### Storage

Store below 30° C, protected from light & moisture. Keep out of the reach of children.

### How supplied

Each HDPE container contains 20 tablets.

## Manufactured by

