

## PACKAGE LEAFLET: INFORMATION FOR THE USER

### Glucosamina Cinfa 1500 mg powder for oral solution Glucosamina sulphate

#### **Read all of this leaflet carefully before you start taking this medicine.**

- 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 any of the side effects gets serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

#### **What is in this leaflet**

1. What **Glucosamina Cinfa** is and what it is used for
2. Before you take **Glucosamina Cinfa**
3. How to take **Glucosamina Cinfa**
4. Possible side effects
5. How to store **Glucosamina Cinfa**.
6. Other information

#### **1. What Glucosamina Cinfa is and what it is used for**

**Glucosamina Cinfa** belongs to a group of medicines called other nonsteroidal antiinflammatory and antirheumatic compounds.

**Glucosamina Cinfa** is indicated to relieve symptoms caused by mild to moderate osteoarthritis of the knee.

#### **2. What you need to know before you take Glucosamina Cinfa**

##### **Do not take Glucosamina Cinfa**

- If you are allergic (hypersensitive) to Glucosamina or any of the other ingredients of Glucosamina Cinfa.
- If you are allergic (hypersensitive) to shellfish, as Glucosamina is obtained from shellfish.
- If you are pregnant.

##### **Take special care with Glucosamina Cinfa**

- If you have altered tolerance to sugar (glucose). More frequent checks of your blood sugar levels may be necessary, when you start treatment with Glucosamina.
- If you have any risk factors for heart or arterial diseases, as in some cases an increase in cholesterol has been observed in patients treated with Glucosamina.
- If you have asthma. When you start treatment with Glucosamina, remember that your symptoms may worsen.
- - If you have a kidney or liver disorder, as research has not been conducted into these conditions and, therefore, dosing recommendations cannot be given.

Consult your doctor to rule out other diseases of the joints for which other treatments should be considered.

Do not take **Glucosamina Cinfa** if you are aged under 18 years.

**Other medicines:**

Tell your doctor or pharmacist if you are taking or have recently taken any other medicines, including non-prescription medicines.

Take care when using Glucosamina Cinfa simultaneously with other medicines, especially with:

- Certain medicines used to prevent blood clotting (e.g., warfarin, dicoumarol, phenprocoumon, acenocoumarol and fluindione). The effect of these medicines may be increased if used in conjunction with Glucosamina. Therefore, patients in treatment with these combinations must be monitored more closely at the start or on completion of treatment with Glucosamina.
- Tetracycline (medicine used to treat infections).

Consult your doctor for appropriate advice.

**Glucosamina Cinfa with food and drink:**

Dissolve the contents of the sachet of **Glucosamina Cinfa** in a glass of water. Glucosamina Cinfa is best taken with meals.

**Pregnancy and breast-feeding:**

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

**Glucosamina Cinfa** should not be used during pregnancy.

**Glucosamina Cinfa** should not be used by breast-feeding mothers.

**Driving and using machines**

No studies have been conducted on how **Glucosamina Cinfa** affects the ability to drive and use machines. Nevertheless, do not drive or use machinery if you feel light-headedness or drowsy after taking **Glucosamina Cinfa** (see section 4 “Possible side effects”).

**Important information about some of the ingredients of Glucosamina Cinfa**

This medicine contains 151 mg of sodium (the main component of table/cooking salt) in each sachet. This is equivalent to 7.5% of the recommended maximum daily sodium intake for an adult.

This medicine can be harmful for people with phenylketonuria, as it contains aspartame, a source of phenylalanine.

**3. How to take Glucosamina Cinfa**

Always take **Glucosamina Cinfa** exactly as your doctor has told you. Check with your doctor or pharmacist if you are not sure.

Your doctor will adjust the dose in accordance with your condition.

**Dose and method of administration** **Glucosamina Cinfa** is administered orally.

The normal starting dose is one sachet (dissolved in a glass of water) once a day, taken preferably during meals.

**Duration of treatment**

Your doctor will indicate the duration of the treatment.

Glucosamina is not indicated for acute painful symptoms. Effects (in particular pain relief) may not be evident until after several weeks of treatment, and in some cases even longer. If you

experience no relief of symptoms after 2-3 months, continued treatment with Glucosamina will be re-evaluated by your doctor.

**If you take more Glucosamina Cinfa than you should**

Tell your doctor or pharmacist if you take more **Glucosamina Cinfa** than you should, or if another person or child takes this medicine.

Signs and symptoms of Glucosamina overdose include headache, dizziness, confusion, joint pain, nausea, vomiting, constipation or diarrhoea.

In case of overdose or accidental ingestion, consult your doctor or pharmacist immediately or call the Toxicology Information Service, stating the medicine taken and how much.

**If you forget to take Glucosamina Cinfa**

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

If you have any further questions on the use of this medicine, ask your doctor or pharmacist.

**4. Possible side effects**

Like all medicines, **Glucosamina Cinfa** can cause side effects, although not everybody gets them.

Stop taking Glucosamina and consult your doctor if you experience any of the following symptoms:

- Swelling of the face, tongue or throat
- Difficulty swallowing
- Urticaria and difficulty breathing

The most frequently observed adverse reactions are:

**Common (may affect up to 1 in 10 people):**

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

**Uncommon (may affect up to 1 in 100 people)**

- Rash
- Itching
- Reddening
- Vomiting

**Not known (frequency cannot be estimated from the available data).**

- Dizziness
- Exacerbation of the symptoms of asthma
- Swelling of the ankles, legs and feet
- Urticaria
- Increased cholesterol levels and worsening of blood sugar levels (glucose) with diabetes mellitus.

If you get any side effects, talk to your doctor, or pharmacist. This includes any possible side

effects not listed in this leaflet. See section 4.

## 5. How to store **Glucosamina Cinfa**

Do not store above 25°C.

**KEEP OUT OF THE REACH AND SIGHT OF CHILDREN.**

Do not use **Glucosamina Cinfa** after the expiry date stated on the package, after the abbreviation “EXP”. 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 and packages you no longer use. These measures will help protect the environment.

## 6. Other information **What Glucosamina Cinfa contains**

The active substance is Glucosamina. Each sachet of **Glucosamina Cinfa** contains 1,500 mg of Glucosamina sulphate in the form of Glucosamina sulphate sodium chloride, equivalent to 1,178 mg of Glucosamina.

The other ingredients are: manitol (E-421), aspartame (E-951) and citric acid monohydrate.

### **What Glucosamina Cinfa looks like and contents of the pack**

**Glucosamina Cinfa** is supplied in sachets containing a fine white or yellowish powder with possible brownish granules. It is packaged in single dose sachets. Each package contains 20 or 30 single dose sachets.

### **Marketing authorisation holder and manufacturer:**

Laboratorios Cinfa, S.A.

Carretera Olaz-Chipi, 10. Polígono Industrial Areta

31620 Huarte (Navarra) - Spain

**This leaflet was last approved in MARCH 2018**