

# Carticel® Plus

Glucosamine Sulfate + Chondroitin Sulfate

## Description

**Carticel® Plus** tablet is a combination of two important natural supplements of healthy cartilage-Glucosamine Sulfate and Chondroitin Sulfate.

## Mode of action

Glucosamine is a natural amino-sugar, produced by the body and found in certain foods. It is the most fundamental building block required for biosynthesis of glycosaminoglycans (GAGs). GAGs bind with protein and proteoglycans, the essential building block of articular cartilage. It also helps to form ligaments, tendon, nails, and various other connective tissues. Glucosamine Sulfate supplement increases Glucosamine level in the body, thus facilitates production and repair of cartilage. Glucosamine also activates chondrocytes in the cartilage which help producing GAGs and proteoglycans.

Chondroitin Sulfate is a glycosaminoglycan (acid muco-polysaccharide) found in connective tissue, especially in the articular cartilage of all mammals, that stimulates cartilage production, inhibits cartilage destroying enzymes, draws fluid to the cells and helps lubricating the joints.

Combining Glucosamine with Chondroitin Sulfate shows synergistic effect. They work synergistically together to help stimulating the production and regeneration of connective tissues (e.g. cartilage, bone, tendon, skin, mucous membrane, blood vessels etc.)

## Composition

**Carticel® Plus Tablet:** Each film-coated tablet contains Glucosamine Sulfate 250 mg as Glucosamine Sulfate Potassium Chloride USP and Chondroitin Sulfate 200 mg as Chondroitin Sulfate Sodium USP.

## Indications

- Osteoarthritis of knee, hip, spine, hand, and other locations as a dietary supplement. It is also beneficial in rheumatoid arthritis, sport injuries and in repair phase of musculo-skeletal soft tissue injuries such as tendon or ligament strains.
- As dietary supplement.

## Dosage & administration

1 to 2 tablets three times daily or as directed by the physician. Dose may be adjusted according to the response of the drug and body weight that is as follows:

- Under 54 kg: 1000 mg Glucosamine Sulfate & 800 mg Chondroitin sulfate per day (04 Tablets).
- 54 kg – 91 kg: 1500 mg Glucosamine Sulfate & 1200 mg Chondroitin Sulfate per day (06 Tablets).
- Over 91 kg: 2000 mg Glucosamine Sulfate & 1600 mg Chondroitin Sulfate per day (08 Tablets).

Dose can be tapered after days as per requirement of the individual.

## Contraindications

There are no known contraindications for Glucosamine and Chondroitin. But proven hypersensitivity (e.g. allergic to shellfish or sulfur) to Glucosamine and Chondroitin is a contraindication.

## Side effects

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

## Use in pregnancy and lactation

Women who are pregnant or who could become pregnant should not supplement with Glucosamine and Chondroitin. These 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.

## Precautions

Patients with diabetes 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.

## Drug interactions

There have been no reports of significant drug interactions of Glucosamine and Chondroitin with antibiotics/ antidepressants/ antihypertensives/ nitrates/ antiarrhythmics/ anxiolytics/ hypoglycemic agents/ antiseptives/ antiasthmatics. Chondroitin may enhance the blood thinning effects of anticoagulants like warfarin and heparin.

## Storage

Store in a cool (below 25°C temperature) and dry place protected from light.

## Packaging

**Carticel® Plus Tablet:** Each carton contains 6x5 tablets in Alu-Alu blister pack.



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