

BONCARE PLUS

Module 1

PACKAGE LEAFLET

1 Name of Product

BONCARE PLUS

2 Description of Product

A peach coloured, oval shaped, biconvex, film coated tablet.

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

This medicine is available without prescription. However, you still need to use **BONCARE PLUS** carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.
- You must contact a doctor if your symptoms worsen or do not improve after 3 days.
- If any side effect gets serious, or if you notice any side effects not listed in this leaflet, please tell your doctor or pharmacist.

In this leaflet:

1. What **BONCARE PLUS** are and what they are used for
2. Before you take **BONCARE PLUS**
3. How to take **BONCARE PLUS**
4. Possible side effects
5. How to store **BONCARE PLUS**
6. Further information

1. WHAT ARE BONCARE PLUS AND WHAT THEY ARE USED FOR

BONCARE PLUS contains Glucosamine Sulfate Potassium Chloride USP, Chondroitin Sulfate Sodium USP and Methyl Sulfonyl Methane USP

Chondroitin Sulfate Sodium is a naturally occurring substance formed of sugar chains. Chondroitin is believed to help the body maintain fluid and flexibility in the joints.

Glucosamine Sulfate Potassium Chloride is a naturally occurring substance that is believed to help develop and renew cartilage (the hard connective tissue mainly located on bones near joints in the body), and keep it lubricated for better joint movement and flexibility.

Methylsulfonylmethane is a naturally occurring form of sulfur that helps support muscles and tendons in the body.

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The combination of chondroitin, glucosamine, and methylsulfonylmethane is used to aid in maintaining healthy joints. It is also used as a nutritional supplement in people with osteoarthritis or other inflammatory joint disorders.

2. BEFORE YOU TAKE BONCARE PLUS

You should not use this product if you are allergic to it.

Ask a doctor, pharmacist, herbalist, or other healthcare provider if it is safe for you to use this product if you have:

- diabetes;
- a bleeding or blood clotting disorder such as hemophilia;
- if you have allergies to certain drugs;
- if you are overweight; or
- if you are on a low-salt diet.

It is not known whether chondroitin, glucosamine, and methylsulfonylmethane will harm an unborn baby. Tell your healthcare provider if you are pregnant or plan to become pregnant while using this product.

It is not known whether chondroitin, glucosamine, and methylsulfonylmethane passes into breast milk or if it could harm a nursing baby. Do not use this product without telling your healthcare provider if you are breast-feeding a baby.

Chondroitin, glucosamine, and methylsulfonylmethane may be only part of a complete program of treatment that also includes diet, exercise, and weight control. Follow your diet, medication, and exercise routines very closely.

3. HOW TO TAKE BONCARE PLUS

When considering the use of herbal supplements, seek the advice of your doctor. You may also consider consulting a practitioner who is trained in the use of herbal/health supplements.

If you choose to use chondroitin, glucosamine, and methylsulfonylmethane, use it as directed on the package or as directed by your doctor, pharmacist, or other healthcare provider. Do not use more of this product than is recommended on the label.

It may take up several weeks before your symptoms improve. Keep using the medication as directed and tell your doctor if your symptoms do not improve after a few weeks of treatment.

Glucosamine may increase the glucose (sugar) levels in your blood. If you have diabetes, you may need to check your blood sugar more often while taking this medication. You may also need to adjust your insulin dosage. Do not change your dose or medication schedule without advice from your doctor.

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Chondroitin, glucosamine, and methylsulfonylmethane may be only part of a complete program of treatment that also includes diet, exercise, and weight control. Follow your diet, medication, and exercise routines very closely. Store in cool, dry and dark place. Keep out of reach of children.

4. POSSIBLE SIDE EFFECTS

Get emergency medical help if you have any of these **signs of an allergic reaction**: hives; difficulty breathing; swelling of your face, lips, tongue, or throat.

Less serious side effects may include:

- mild nausea, upset stomach;
- heartburn; or
- diarrhea.

This is not a complete list of side effects and others may occur. Call your doctor for medical advice about side effects.

5. HOW TO STORE BONCARE PLUS

Store at a temperature below 30°C.

Keep out of reach of children.

Do not use this medicine after the expiry date shown on the blisters. 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 you no longer use. This will help protect the environment.

6. Further information

What BONCARE PLUS contain

- The active substance of **BONCARE PLUS** are Glucosamine Sulfate Potassium Chloride USP, Chondroitin Sulfate Sodium USP and Methyl Sulfonyl Methane USP .

Each film coated tablet contains: Microcrystalline cellulose BP, Lactose BP, Colloidal Anhydrous Silica BP, Sodium Lauryl Sulfate BP, Sodium Starch Glycolate (Type-A) BP, Maize Starch BP, Purified water BP, Povidone K-30 BP, Croscarmellose Sodium BP, Magnesium Stearate BP, Propyl Gallate BP, Purified talc BP, Insta Moistshield White (IC-MS-5486) IHS, Isopropyl Alcohol BP, Dichloromethane BP, Ferric Oxide Red IHS and Ferric oxide yellow IHS.

What BONCARE PLUS look like

A peach coloured, oval shaped, biconvex, film coated tablet.

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7 Marketing Authorisation Holder and Manufacturer:

Name and Address of Manufacturer

AUROCHEM LABORATORIES (INDIA) PVT. LTD.

At 58, Palghar Taluka,

Industrial Co.-op. Estate Ltd.

Palghar – 401 404,

Tel No. : 0252-552332, 0252-554720

District Thane,

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Name and Address of Marketing Authorisation Holder

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8 Date of Revision of PIL
