

# DONA<sup>®</sup>



## PACKAGE INSERT

### PROPRIETARY NAME AND DOSAGE FORM

DONA<sup>®</sup> 750 tablets

DONA<sup>®</sup> 1500 powder for oral solution

### COMPOSITION

**DONA<sup>®</sup> 750:** Each film-coated tablet contains 942 mg Crystalline Glucosamine Sulfate, equivalent to 750 mg Glucosamine Sulfate and 192 mg Sodium Chloride.

**DONA<sup>®</sup> 1500:** Each sachet contains 1884 mg Crystalline Glucosamine Sulfate, equivalent to 1500 mg Glucosamine Sulfate and 384 mg Sodium Chloride.

### PHARMACOLOGICAL ACTION

The active ingredient glucosamine sulfate is the salt of an amino-monosaccharide glucosamine which is naturally present in the human body and promotes the incorporation of sulphur into the cartilage. Glucosamine penetrates the joint cartilage where it is involved in the synthesis of hyaluronic acid of the synovial fluid and the stimulation of glycosaminoglycans. It reduces pain, tenderness and swelling in the joints. The benefit of glucosamine sulfate in joint disease sufferers is the result of a number of effects including anti-inflammatory activity, stimulation of the synthesis of proteoglycans, and decrease in catabolic activity of chondrocytes. It inhibits the synthesis of proteolytic enzymes and other substances that contribute to damage the cartilage matrix and the degradation of articular chondrocytes. Glucosamine is reported to reduce tenderness and swelling; alleviate painful joints; and improve mobility.

### INDICATIONS

DONA<sup>®</sup> aids in the treatment of the symptoms of osteoarthritis:

- DONA<sup>®</sup> aids cartilage regeneration and maintains healthy cartilage.
- DONA<sup>®</sup> alleviates pain by reducing inflammation, swelling and stiffness.
- DONA<sup>®</sup> mobilizes the joints and improves mobility and movement.

### CONTRA-INDICATIONS

Hypersensitivity to glucosamine or to any of the excipients.

The powder for oral solution contains aspartame and is therefore contra-indicated in patients with phenylketonuria.

Pregnancy - see **PREGNANCY AND LACTATION**

### WARNINGS

Since glucosamine is obtained from shellfish, patients who are allergic to shellfish should exercise caution in the use of the product.

See also **SIDE EFFECTS AND SPECIAL PRECAUTIONS**.

### INTERACTIONS

An increased effect of coumarinic anticoagulants during concomitant treatment with glucosamine sulfate may occur. Therefore, a closer monitoring of coagulation parameters may be required in these patients.

Concurrent treatment with glucosamine sulfate may increase the gastro-intestinal absorption of tetracyclines.

Steroidal or non-steroidal analgesic or anti-inflammatory agents can be administered together with glucosamine sulfate.

### PREGNANCY AND LACTATION

Contra-indicated in pregnancy.

Safety of use during lactation has not been established.

Women that have fertility problems should avoid using this product.

### DOSAGE AND DIRECTIONS FOR USE

Adults

#### DONA<sup>®</sup> 750 tablets:

Two tablets daily, preferably with a meal.

#### DONA<sup>®</sup> 1500 powder for oral solution:

The contents of one sachet (dissolved in a glass of water) once daily, preferably with a meal.