

# Bonflex®

Glucosamine Sulfate Potassium Chloride USP and Chondroitin Sulfate Sodium USP  
Film coated tablet

## DESCRIPTION

**Bonflex®** is a combination preparation of Glucosamine and Chondroitin. Glucosamine and Chondroitin Sulfate are natural substances found in and around the cells of cartilage. Glucosamine is an amino sugar that the body produces and distributes in cartilage and other connective tissue, and also needed by the body to manufacture specialized molecules called glycosaminoglycans, found in cartilage. Chondroitin Sulfate is a complex carbohydrate that helps cartilage to retain water and nutrients and allows other molecules to move through cartilage - which is an important property, as there is no blood supply to cartilage.

## INDICATIONS

- In osteoarthritis, to relieve pain, stiffness and inflammation especially of the knees, hips, spine, hands and other joints,
- It can help to relieve symptoms associated with rheumatoid arthritis and other joint injuries.
- To speed up the repair and renewal of damaged or worn articulating cartilage as well as to help neutralize the destructive enzymes and assist improving the quality of the synovial fluid.

## DOSAGES AND ADMINISTRATION

Two tablets three times a day or as directed by the physician. Dose may be adjusted according to the response of the drug and body weight as follows:

Body weight	Dose
Under 54 Kg	1000 mg Glucosamine Sulfate & 800 mg Chondroitin Sulfate Sodium per day
54 Kg - 91 Kg	1500 mg Glucosamine Sulfate & 1200 mg Chondroitin Sulfate Sodium per day
Over 91 Kg	2000 mg Glucosamine Sulfate & 1600 mg Chondroitin Sulfate Sodium per day

## CONTRAINDICATIONS

There is no known contraindication to Glucosamine or Chondroitin. But, proven hypersensitivity to these ingredients is a contraindication.

## **SIDE-EFFECTS**

Adverse effects have been limited to mild reversible gastrointestinal side-effects with the use of Glucosamine. In one trial, people with peptic ulcers and those taking diuretic drugs were more likely to experience side effects with the use of Glucosamine. Nausea may occur at intakes of greater than 10 grams of Chondroitin per day. No other adverse effects have been reported with Chondroitin.

## **PRECAUTION**

Diabetics are advised to monitor blood glucose levels regularly while taking Glucosamine. Precaution should be taken when given in patients with renal or hepatic insufficiency. Children should not be supplemented with the Glucosamine and Chondroitin.

## **PREGNANCY AND LACTATION**

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.

## **DRUG INTERACTIONS**

There has been no significant drug interaction of the Glucosamine and Chondroitin with antibiotics, antidepressants, antihypertensives, nitrates, antiarrhythmics, anxiolytic, hypoglycemic agents, antiseptives, and antiasthmatics. Chondroitin may enhance the blood thinning effects of anticoagulants like warfarin and heparin.

## **PHARMACEUTICAL PRECAUTIONS**

Store in a cool, dry place, away from light. Keep out of reach of children.

## **PACKAGING**

**Bonflex®** tablet: Box containing 4 strips of 10 tablets each. Each film coated tablet contains Glucosamine Sulfate Potassium Chloride USP equivalent to Glucosamine Sulfate 250 mg & Chondroitin Sulfate Sodium USP 200 mg.

**SK-F**

Manufactured by

**ESKAYEF BANGLADESH LTD.**

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