

Summary of Product Characteristics

1 NAME OF THE MEDICINAL PRODUCT

Dona 1500 mg Powder for oral solution

2 QUALITATIVE AND QUANTITATIVE COMPOSITION

Each sachet contains:

Glucosamine sulfate sodium chloride 1884mg
equivalent to: glucosamine sulfate 1500mg
sodium chloride 384mg

Excipients with known effect:

Each sachet contains 2.5 mg aspartame (E951), 2028.5 mg sorbitol (E420) and 151 mg sodium.

For the full list of excipients, see section 6.1

3 PHARMACEUTICAL FORM

Powder for oral solution.

A white, crystalline, odourless powder.

4 CLINICAL PARTICULARS

4.1 Therapeutic indications

Relief of symptoms in mild to moderate osteoarthritis of the knee, as diagnosed by a doctor.

4.2 Posology and method of administration

The contents of one sachet (dissolved in a glass of water) should be taken once daily, preferably at meals.

Pivotal proof of efficacy has been demonstrated for periods of up to three months, with a residual effect evident for two months after drug withdrawal. The safety and efficacy of the product were also confirmed in pivotal clinical trials for treatment up to three years. Continuous treatment beyond 3 years cannot be recommended as the safety has not been established beyond this period.

Glucosamine is not indicated for the treatment of acute painful symptoms. Relief of symptoms (especially pain relief) may not be experienced until after some weeks of treatment and in some cases even longer. If no relief of symptoms is experienced after 2-3 months, continued treatment with glucosamine should be re-evaluated by the patient's healthcare practitioner.

Patients should seek medical advice if their symptoms deteriorate after commencing treatment with glucosamine.

Older people:

No specific studies have been performed in older people, but according to clinical experience dosage adjustment is not required when treating otherwise healthy, older patients.

Patient with impaired renal and/or liver function:

In patients with impaired renal and/or liver function no dose recommendations can be given, since no studies have been performed (see also section 4.4).

Children and adolescents:

Glucosamine should not be used in children and adolescents below the age of 18 years (see section 4.4).

4.3 Contraindications

Hypersensitivity to glucosamine or to any of the excipients listed in 6.1.

The product should not be given to patients who are allergic to shellfish as the active ingredient is obtained from shellfish.

4.4 Special warnings and precautions for use

The presence of another joint disease, which would require alternative treatment, should be excluded.

Exacerbation of asthma symptoms after initiation of glucosamine have been described. Therefore, asthmatic patients starting on glucosamine should be aware of potential worsening of symptoms.

Caution is advised in treatment of patients with impaired glucose tolerance. Closer monitoring of blood sugar levels and where relevant insulin requirements may be necessary in diabetics at the beginning of treatment and periodically during treatment.

No special studies were performed in patients with renal or hepatic insufficiency. The toxicological and pharmacokinetic profile of the product does not indicate limitations for these patients. However, administration to patients with severe hepatic or renal insufficiency should be under medical supervision.

Patients with elevated blood cholesterol levels should consult their doctor or pharmacist before taking this medicinal product.

Glucosamine should not be used in children and adolescents under the age of 18 years since safety and efficacy have not been established.

If unusual signs or symptoms appear, or if any changes in the course of usual symptoms occur, the patient is recommended to consult the physician immediately.

This medicinal product contains:

- 2028.5 mg sorbitol per sachet. Patients with hereditary fructose intolerance (HFI) should not take this medicine.
- 2.5 mg aspartame in per sachet. Aspartame is a source of phenylalanine. It may be harmful if you have phenylketonuria (PKU), a rare genetic disorder in which phenylalanine builds up because the body cannot remove it properly.
- 151 mg sodium per sachet, equivalent to 7.6 % of the WHO recommended maximum daily intake of 2 g sodium for an adult

4.5 Interaction with other medicinal products and other forms of interaction

The physico-chemical and pharmacokinetic properties of glucosamine sulfate suggest a low potential for interactions. In one study Glucosamine was found not to be an inhibitor of the activities of the following human cytochrome P450 enzymes: CYP1A2, CYP2E1, CYP2C19, CYP2C9, CYP2D6, CYP3A4, as tested by metabolite formation from selected substrates for each of the CYP enzymes tested.

The compound does not compete for absorption mechanisms and, after absorption, does not bind to plasma protein, while its metabolic fate as an endogenous substance incorporated in proteoglycans or degraded independently of the cytochrome enzyme system, is unlikely to give rise to drug interactions.

The oral administration of glucosamine sulfate can enhance the gastrointestinal absorption of tetracyclines but the clinical relevance of this interaction is probably limited.

Analgesics and NSAIDs may be used concomitantly with glucosamine sulfate, either for rescue analgesia during possible flares of the disease, or in the initial period of treatment, since the symptomatic effects of glucosamine sulfate may be delayed for 1-2 weeks.

There are limited data on possible drug interactions with glucosamine, but increments in the INR parameter have been reported with oral vitamin K antagonists. Patients treated with oral vitamin K antagonists should therefore be closely monitored at the time of initiation or termination of glucosamine therapy.

4.6 Fertility, pregnancy and lactation

Pregnancy

There is no adequate data from the use of glucosamine in pregnant women. From animal studies only insufficient data are available. Glucosamine should not be used during pregnancy.

Breast Feeding

There is no data available on the excretion of glucosamine in human milk. The use of glucosamine during breastfeeding is therefore not recommended as there is no data on the safety of the newborn.

4.7 Effects on ability to drive and use machines

No studies of the effects on the ability to drive and use machines have been performed. No important effects on the CNS or motor system are known that might impair the ability to drive or use machines. However, if headache, somnolence, tiredness, dizziness or visual disturbances are experienced, driving a car or operating machinery is not recommended (see section 4.8).

4.8 Undesirable effects

Within the system organ classes, adverse reactions are listed under the frequency (number of patients expected to experience the reaction), using the following categories:

Very common ($\geq 1/10$)

Common ($\geq 1/100$ to $< 1/10$)

Uncommon ($\geq 1/1,000$ to $< 1/100$)

Rare ($\geq 1/10,000$ to $< 1/1,000$)

Very rare ($< 1/10,000$)

Not known (cannot be estimated from the available data)

The following undesirable effects were observed whereas the frequency of undesirable effects is not known:

The most common adverse reactions associated with oral administration are nausea, abdominal pain, dyspepsia, flatulence, constipation and diarrhoea. The reported adverse reactions are usually mild and transitory.

In the following table, adverse reactions have been grouped on the basis of "Internationally agreed Order of Importance" System Organ Class (SOC) MedDRA Classification. In each SOC, undesirable effects were classified according to their occurrence frequency. In each frequency class the undesirable effects are reported according to a decreasing order of severity.

System Organ Class	Common from $\geq 1/100$ to $\leq 1/10$	Uncommon from $\geq 1/1,000$ to $\leq 1/100$	Unknown*
Immune system disorders			Allergic reaction**
Metabolism and nutrition disorders			Diabetes inadequate control
Psychiatric disorders			Insomnia
Nervous system disorders	Headache Somnolence		Dizziness
Eye disorders			Visual disturbances
Cardiac disorders			Cardiac arrhythmias e.g. tachycardia
Vascular disorders		Flushing	
Respiratory,			Asthma/asthma aggravated

thoracic and mediastinal disorders			
Gastrointestinal disorders	Diarrhoea Constipation Nausea Flatulence Abdominal pain Dyspepsia		Vomiting
Skin and subcutaneous tissue disorders		Erythema Pruritus Rash	Angioedema, Urticaria
Hepatobiliary disorders			Hepatic enzyme increased and jaundice***
General disorders and administration site conditions	Tiredness		Oedema/peripheral oedema
Investigations			Hepatic enzyme elevation, blood glucose increased, blood pressure increased, international normalized ratio fluctuation

* which frequency cannot be estimated by the available data

**Predisposed patients might develop severe allergic reactions to glucosamine

***Cases of hepatic enzymes increase and jaundice have been reported, but causality with Dona has not been established
Cases of hypercholesterolaemia have been reported, but a causal link has not been demonstrated

Reporting of suspected adverse reactions

Reporting suspected adverse reactions after authorisation of the medicinal product is important. It allows continued monitoring of the benefit/risk balance of the medicinal product. Healthcare professionals are asked to report any suspected adverse reactions via HPRA Pharmacovigilance, Website: www.hpra.ie.

4.9 Overdose

No cases of accidental or intentional overdose are known. The animal acute and chronic toxicological studies indicate that toxic effects and symptoms are unlikely to occur at doses up to 200 times the therapeutic dose.

If overdose occurs treatment should be discontinued, symptomatic and standard supportive measures should be adopted as required e.g act to restore the hydroelectrolyte balance.

5 PHARMACOLOGICAL PROPERTIES

5.1 Pharmacodynamic properties

Pharmacotherapeutic group: Other anti-inflammatory and anti-rheumatic agents, non-steroids. ATC code: M01AX05.

Mechanism of action:

Glucosamine sulfate is the sulfate salt of the endogenous amino-monosaccharide glucosamine, a normal constituent and preferred substrate for the syntheses of glycosaminoglycans and proteoglycans in cartilage matrix and synovial fluid.

It stimulates the synthesis of glycosaminoglycans and this of articular cartilage proteoglycans.

Pharmacodynamic effects:

Glucosamine sulfate has anabolic and anti-catabolic effects on cartilage metabolism.

More recent studies have postulated that glucosamine sulfate decreases IL-1 β mediated effects, thus inhibiting a cascade of events that lead to joint inflammation and cartilage damage, such as the synthesis of metalloproteases, cyclooxygenase-2 and extracellular matrix proteins that are absent in normal cartilage, the release of nitric oxide and of prostaglandin E2, the inhibition of chondrocyte proliferation and the induction of cell death. Differently from NSAIDs, glucosamine does not directly inhibit cyclooxygenase activities.

Clinical efficacy and tolerability:

The safety and efficacy of glucosamine sulfate has been confirmed in clinical trials for treatment of up to three years.

Short- and medium-term clinical studies have shown that the efficacy of glucosamine sulfate on osteoarthritis symptoms is evident already after 2-3 weeks from the beginning of administration. However, differently from NSAIDs, glucosamine sulfate has shown a duration of effect which ranges from 6 months to 3 years.

Clinical studies of daily continuous glucosamine sulfate sodium chloride treatment up to 3 years have shown a progressive improvement on the symptoms and a delay of the joint structural changes, as determined by plain radiography. Glucosamine sulfate has demonstrated a good tolerability over both short-term and long-term treatment courses.

5.2 Pharmacokinetic properties

Absorption

After oral administration, glucosamine is rapidly and almost completely (about 90%) absorbed systemically in healthy volunteers. The absolute bioavailability of glucosamine in man after administration of oral glucosamine sulfate was 44%, due to first-pass effect of the liver. It is unknown if meals significantly affect the drug oral bioavailability. The pharmacokinetics of glucosamine are linear after once daily repeated administrations in the dose interval 750-1500 mg with deviation from linearity at the dose of 3000 mg due to lower bioavailability. No gender differences were found in man with regard to the absorption and to the bioavailability of glucosamine. The pharmacokinetics of glucosamine was similar between healthy volunteers and patients with osteoarthritis of the knee.

Distribution

After oral absorption, glucosamine is significantly distributed in extra-vascular compartments including synovial fluid. Glucosamine does not bind to plasma proteins. It is therefore highly unlikely that glucosamine might produce displacement drug interaction when co-administered with other drugs that are highly bound to plasma proteins.

Metabolism

The metabolic profile of glucosamine has not been studied because being an endogenous substance; it is used as a building block for the biosynthesis of articular cartilage components. Glucosamine is mainly metabolized through the hexosamine pathway and independently of the cytochrome enzyme system.

Glucosamine sulfate sodium chloride does not act as an inhibitor nor as an inducer of the human CYP450 isoenzymes. No clinically relevant metabolic inhibition and/or induction interactions are expected between glucosamine sulfate sodium chloride and co-administered drugs that are substrates of the human CYP450 isoforms.

Excretion

In man, the terminal elimination half-life of glucosamine from plasma is estimated at 15 h. After oral administration of ¹⁴C-labelled glucosamine to humans, the urinary excretion of radioactivity was 10±9% of the administered dose while fecal excretion was 11.3±0.1%. The mean urinary excretion of unchanged glucosamine after oral administration in man was about 1% of the administered dose suggesting that the kidney and the liver do not significantly contribute to the elimination of glucosamine and/or of its metabolites and/or its degradation products.

Special populations

Patients with renal or hepatic impairment

Studies in renal impaired patient were considered irrelevant due to the limited contribution of the kidney to the elimination of glucosamine. Similarly, studies in subjects with hepatic impairment were not conducted given glucosamine metabolic fate as an endogenous substance. No dose adjustment is considered necessary in subjects with renal or hepatic insufficiency.

Children and adolescents

The pharmacokinetics of glucosamine was not investigated in children and adolescents.

Older people

No specific pharmacokinetic studies were performed in older people however in the clinical efficacy and safety studies mainly elderly patients were included. Dose adjustment is not required.

5.3 Preclinical safety data

Nonclinical data revealed no special hazard for humans based on conventional studies of single and repeated dose toxicity and genotoxicity.

In non-clinical studies in rats, adverse effects on fertility, embryo/foetal development and postnatal development were not observed. In rabbits, cases of maternotoxicity (deaths due to gastric bleeding) and foetotoxicity (increased resorption rate) were observed, but only at exposures considered sufficiently in excess of the maximum human exposure indicating little relevance to clinical use.

Results from some in vitro and in vivo studies in animals, have shown that i.v. infusion of glucosamine in suprapharmacological concentrations reduces insulin secretion, probably via inhibition of glucokinase in the beta cells, and induces insulin resistance in peripheral tissues. The relevance in humans is unknown.

6 PHARMACEUTICAL PARTICULARS

6.1 List of excipients

Aspartame (E951)
Macrogol 4000
Citric Acid, Anhydrous (E330)
Sorbitol (E420)

6.2 Incompatibilities

Not applicable.

6.3 Shelf life

3 years.

6.4 Special precautions for storage

Do not store above 25°C.

6.5 Nature and contents of container

The single-dose sachet consists of three layered material made of paper, aluminium and polyethylene.

Cardboard box containing 4, 20 or 30 sachets.

Not all pack sizes may be marketed.

6.6 Special precautions for disposal of a used medicinal product or waste materials derived from such medicinal product and other handling of the product

No special requirements

7 MARKETING AUTHORISATION HOLDER

Cooper Consumer Health B.V.
Verrijn Stuartweg 60
Diemen
Noord-Holland
1112 AX
Netherlands

8 MARKETING AUTHORISATION NUMBER

9 DATE OF FIRST AUTHORISATION/RENEWAL OF THE AUTHORISATION

Date of first authorisation: 3rd April 1998

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10 DATE OF REVISION OF THE TEXT

January 2026