

Brand: Frixidol

Dosage Form: Oral Tablet

Composition of Frixidol:

- **Collagen Peptide Type 2 – 40 mg**
- **Chondroitin Sulfate – 100 mg**
- **Glucosamine Sulphate – 750 mg**
- **Methyl Sulphonyl Methane (MSM) – 200 mg**
- **Boswellic Acid – 200 mg**
- **Hyaluronic Acid – 10 mg**
- **Curcumin Longa – 50 mg**
- **Vitamin C – 25 mg**

2. Mechanism of Action of Frixidol:

- **Structural Support:** Collagen Type 2 forms the framework of cartilage, providing elasticity and resistance to mechanical stress.
- **Lubrication and Shock Absorption:** It helps maintain joint lubrication, reducing friction and ensuring smooth movement.
- **Cartilage Regeneration:** Supports chondrocytes in cartilage repair and regeneration, aiding in the maintenance of healthy cartilage.
- **Anti-Inflammatory Effects:** Undenatured collagen Type 2 can reduce inflammation and may modulate immune responses in joint diseases.
- **Interaction with Other Matrix Components:** Works alongside proteoglycans and hyaluronic acid to maintain cartilage integrity and joint function.

3. Therapeutic Indications of Frixidol:

- **Supports joint health and flexibility.**
- **Reduces symptoms of osteoarthritis and joint pain.**
- **Aids in cartilage repair and maintenance.**
- **Alleviates inflammation and supports overall musculoskeletal health.**
- **Provides antioxidant protection and supports the immune system.**

4. Pharmacodynamics & Mechanism of Action of Frixidol:

- **Collagen Peptide Type 2:** A key structural protein that contributes to the integrity of cartilage and connective tissues. It may promote cartilage regeneration and support joint function.
- **Chondroitin Sulfate:** A natural substance found in cartilage that helps retain water and maintain cartilage elasticity and strength. It is known to support joint lubrication and reduce cartilage breakdown.

- **Glucosamine Sulphate:** A naturally occurring compound in the body that helps build cartilage. It may reduce joint pain and improve joint function in osteoarthritis.
- **Methyl Sulphonyl Methane (MSM):** Provides sulfur, an essential element for cartilage formation. MSM has anti-inflammatory and analgesic properties that support joint pain relief and reduce swelling.
- **Boswellic Acid:** Derived from the resin of *Boswellia serrata*, it is known for its anti-inflammatory effects and is commonly used in the management of osteoarthritis and other inflammatory conditions.
- **Hyaluronic Acid:** Found naturally in synovial fluid, it helps to lubricate the joints and maintain joint hydration, thus improving mobility and reducing pain.
- **Curcumin Longa (Turmeric extract):** Known for its powerful anti-inflammatory and antioxidant properties, curcumin may help reduce joint inflammation and pain.
- **Vitamin C:** A potent antioxidant that supports collagen synthesis, boosts immune function and helps protect against oxidative stress, contributing to overall joint and connective tissue health.

5. Dosage and Administration:

- **Recommended Dose:** 1 tablet daily or as directed by a healthcare provider.
- Take with or without food, preferably with a full glass of water.

6. Contraindications:

- Hypersensitivity to any of the ingredients.
- Pregnancy and breastfeeding (unless advised by a healthcare professional).
- People with shellfish allergies (due to glucosamine, which may be derived from shellfish).

7. Precautions and Warnings:

- Consult a healthcare provider before using this product if you have a history of gastrointestinal problems, such as ulcers, as glucosamine can sometimes cause digestive disturbances.
- Discontinue use and consult a doctor if you experience allergic reactions or gastrointestinal discomfort.
- May interact with blood-thinning medications (such as warfarin), as glucosamine could have mild anticoagulant effects.

8. Side Effects:

- Mild digestive disturbances such as bloating, nausea, or heartburn.
- Possible allergic reactions including skin rash or itching.
- In rare cases, joint pain or stiffness may temporarily worsen when starting supplementation.

9. Drug Interactions:

- **Anticoagulants (e.g., warfarin):** Glucosamine may have mild anticoagulant effects and could interact with blood thinners.
- **Diabetes medications:** Glucosamine may affect insulin sensitivity; monitoring of blood sugar levels is recommended.

10. Storage Conditions:

- Store in a cool, dry place below 25°C (77°F).
- Keep out of reach of children.

11. Shelf Life:

- 2 to 3 years from the date of manufacture.

12. Packaging:

- Each Alu-Alu strip of Frixidol contains 10 tablets.
- Each box of Frixidol contains 10 strips.

Note: This summary provides general prescribing information.