



Patient package insert according to Pharmacists' Regulations (Preparations) – 1986

This medicine can be sold without a physician's prescription

Glucomin® 850 mg, caplets

Each caplet contains 850 mg metformin hydrochloride.

Inactive ingredients and allergens in the medicine - see section 6 "Additional information".

Read this entire leaflet carefully before you start taking this medicine. This leaflet contains concise information about the medicine. If you have any further questions, ask your doctor or pharmacist.

This medicine has been prescribed for you. Do not pass it on to others. It may harm them, even if you think that their medical condition is the same as yours.

1. What is the medicine intended for?

The medicine is intended for the treatment of type 2 diabetes mellitus, particularly in overweight patients, when change in diet and exercise alone are not sufficient to stabilize blood glucose levels.

- In adults, **Glucomin** is indicated as monotherapy or in combination with other oral medicines for the treatment of diabetes or with insulin.
- In children from 10 years of age and adolescents, **Glucomin** is indicated as monotherapy or in combination with insulin.

A reduction of diabetic complications has been shown in overweight adult patients with type 2 diabetes who were treated with metformin as first-line therapy after diet failure.

Therapeutic group: Medicines to lower blood glucose levels. The active ingredient is part of the biguanide group.

Insulin is a hormone produced by the pancreas, that causes the body to absorb glucose (sugar) from the blood. Your body uses glucose to create energy or stores it for future use. If you have diabetes, your pancreas does not produce enough insulin or your body is unable to properly use the insulin produced by it. This causes a high blood level of glucose.

Glucomin helps to reduce the blood level of glucose to as normal as possible.

If you are an adult with excess weight, taking **Glucomin** long term helps to reduce the risk of complications associated with diabetes. There is a connection between **Glucomin** and stable body weight or moderate weight loss.

2. Before using the medicine

Do not use the medicine if:

- you are hypersensitive (allergic) to the active ingredient (metformin) or to any of the other ingredients this medicine contains (see section 6).
- you have liver problems.
- you have impaired renal function.
- you have diabetes that is not balanced with, for example, severe hyperglycemia (high blood glucose levels), nausea, vomiting, diarrhea, rapid weight loss, lactic acidosis (see below 'risk for lactic acidosis') or ketoacidosis. Ketoacidosis is a condition in which substances called "ketone bodies" accumulate in the blood, and may lead to a prediabetic coma. The symptoms include: abdominal pain, rapid and deep breathing, sleepiness or breath with an unusual fruity smell.
- you have lost too many body fluids (dehydration), for example due to persistent or severe diarrhea or continuous vomiting. Dehydration may lead to renal problems, which can

cause a risk of lactic acidosis (see section "Special warnings regarding the use of the medicine").

- you suffer from a severe infection such as an infection affecting the lungs/bronchial system/ your kidney. Severe infections may lead to renal problems, which can increase the risk of lactic acidosis (see section "Special warnings regarding the use of the medicine").
 - you have severe heart failure or have recently had a heart attack, have severe circulatory problem (e.g., shock) or have breathing difficulties. These conditions may lead to deficiency in the supply of oxygen to the body tissues, which can cause a risk of lactic acidosis (see section "Special warnings regarding the use of the medicine").
 - you consume large quantities of alcohol.
- If one or more of the above conditions apply to you, consult a doctor before starting treatment with this medicine.

Special warnings regarding the use of the medicine

Before the treatment with Glucomin, tell the doctor if:

- you are about to undergo an examination such as an x-ray or a scan, that requires the injection of a contrast agent containing iodine into your blood.
- you are about to undergo a major operation.

You should stop taking **Glucomin** for certain period before and after the examination or operation. Your doctor will decide if you need a different treatment during this period. It is important to follow your doctor's instructions precisely.

Additional special warnings

Risk of lactic acidosis

Glucomin may cause a very rare but very serious side effect called lactic acidosis, especially if your kidneys do not function properly. The risk of developing lactic acidosis also increases in the following situations: when diabetes is not balanced, severe infections, prolonged fasting, excessive alcohol intake, dehydration (see additional information below), liver problems and with any medical condition in which there is a decrease in the supply of oxygen to the body's organs (such as severe and serious heart disease).

If one or more of the above conditions apply to you, consult a doctor for further instructions.

Stop taking Glucomin for a short period, if you are suffering from a condition that can be related to dehydration (significant fluid loss) such as severe vomiting, diarrhea, fever, heat exposure or if you consume less fluids than usual. Consult a doctor for further instructions.

Stop taking Glucomin and proceed to a doctor or to a hospital emergency room immediately, if you are experiencing some of the symptoms of lactic acidosis, since this situation may cause a coma. Symptoms of lactic acidosis include: vomiting, abdominal pain, muscle cramps, general unwell feeling accompanied by serious tiredness, breathing difficulties, decrease in body temperature and heartbeat.

Lactic acidosis is a state of medical emergency that requires hospital treatment.

If you need to undergo a major operation, you must stop taking **Glucomin** during and for a period following the procedure. Your doctor will decide when you should stop and restart the treatment with **Glucomin**.

Glucomin as a monotherapy does not cause hypoglycemia (blood glucose levels that are too low). However, if you are taking **Glucomin** together with other medicines to treat diabetes that can cause hypoglycemia (like sulfonylurea, insulin, meglitinides), there is a risk

of hypoglycemia. If you experience hypoglycemia symptoms such as weakness, dizziness, excessive sweating, rapid heartbeat, visual disturbances or difficulty concentrating - drinking or eating foods containing sugar usually helps in this situation.

Tests and follow up

- Your doctor will perform regular blood glucose tests and adjust the dosage of **Glucomin** to your blood glucose levels. Take care to speak to your doctor regularly. Monitoring is especially important in children, adolescents and elderly.
- During the treatment with **Glucomin** your doctor will check your renal function at least once a year or at a higher rate if you are an elderly and/or there is a worsening in your kidney function.

Drug interactions

If you need to undergo an injection of a contrast agent containing iodine into your blood, for example for an x-ray or scan, you should stop taking **Glucomin** before or during the injection. Your doctor will decide when you should stop and when to restart the treatment with **Glucomin**.

If you are taking, have recently taken or might take other medicines including Nonprescription medicines and nutritional supplements, tell the doctor or pharmacist.

You may need more frequent monitoring of blood glucose levels and renal function or your doctor will need to adjust the dosage of **Glucomin**.

Tell the doctor or pharmacist especially if you are taking:

- medicines that increase the amount of urine (diuretic substances).
- medicines to treat pain and inflammation (NSAID and COX-2 inhibitors, such as ibuprofen, celecoxib).
- certain medicines to treat high blood pressure (angiotensin converting enzyme ACE inhibitors, angiotensin II receptor blockers).
- beta-2 receptor agonists such as salbutamol or terbutaline (to treat asthma).
- corticosteroids (to treat various conditions, such as severe skin inflammation or asthma).
- medicines that may alter the level of **Glucomin** in your blood, especially in case of impaired renal function (such as verapamil, rapamycin, cimetidine, dolutegravir, ranolazine, trimethoprim, vandetanib, isavuconazole, crizotinib, olaparib).
- other medicines to treat diabetes.

Use of this medicine and food

Take the medicine with or immediately after a meal to avoid gastrointestinal side effects.

Use of this medicine and alcohol consumption

Avoid alcohol consumption during the treatment with **Glucomin**, as there may be an increased risk of lactic acidosis (see section "Special warnings regarding the use of the medicine").

Pregnancy and breastfeeding

Tell the doctor if you are pregnant, think you might be pregnant or are planning to become pregnant, in order for him to decide if there is a need to change your treatment or to monitor blood glucose levels.

The medicine is not recommended if you are breastfeeding or are planning to breastfeed.

Driving and using machines

Glucomin alone does not cause hypoglycemia (too low a blood glucose level). Therefore, the medicine should not affect your ability to drive or use machinery.

However, be careful if you are taking **Glucomin** together with other medicines to treat diabetes that may cause hypoglycemia (such as sulfonylurea, insulin, meglitinides). The symptoms of hypoglycemia include weakness, dizziness, increased sweating, rapid heartbeat, visual disturbances or difficulty concentrating.

Do not drive or use machinery if you begin to feel these symptoms.

3. How to use this medicine?

Always use the medicine according to the doctor's instructions. Check with the doctor or pharmacist if you are not sure about the dosage and the manner of treatment with the medicine.

The dosage and manner of treatment will be determined by the doctor only.

Glucomin is not a substitute for a healthy lifestyle. Follow the dietary instructions recommended by the doctor and take care to exercise regularly.

The acceptable dosage is:

Children 10 years of age and older and adolescents:

The starting dosage is usually 500 mg or 850 mg once a day. The maximum dosage is 2,000 mg a day divided into 2 or 3 doses. The treatment of children aged 10-12 years of age is recommended only if explicitly instructed by the doctor since the experience with that age group is limited.

Adults:

The usual starting dosage is 500 mg or 850 mg 2-3 times a day.

The maximum dose is 2,550 mg a day, divided into 3 doses.

If you suffer from impaired renal function, the doctor may prescribe a lower dosage for you. If you are also being treated with insulin, the doctor will instruct you on how to begin treatment with **Glucomin**.

When a 500 mg dosage is necessary, **Glucomin** can be halved for a dose of 425 mg, which can be an alternative for the caplet containing 500 mg.

Do not exceed the recommended dose.

How to take Glucomin?

Take **Glucomin** with or immediately after the meal, to avoid gastrointestinal side effects.

Swallow the caplet with a cup of water.

- If you are taking one dose a day, take it in the morning (with breakfast).
- If you are taking the medicine twice a day, take it in the morning (with breakfast) and in the evening (with supper).
- If you are taking the medicine 3 times a day, take it in the morning (with breakfast), at noon (with lunch) and in the evening (with supper).

Form of administration

- The caplet can be halved.
- There is no information about crushing or chewing the caplets. The caplets are coated to mask the medicine's bitter taste.

If, after a while, you think that the effect of **Glucomin** is too strong or weak, consult a doctor.

If you have accidentally taken a higher dosage

If you have taken an overdose, you may suffer from lactic acidosis. The symptoms of lactic acidosis are not specific such as vomiting, abdominal pain with muscle cramps, general unwell feeling accompanied by severe tiredness and breathing difficulties. Additional

symptoms include a decrease in body temperature and heartbeat. **If you experience these symptoms, seek medical treatment immediately, as lactic acidosis may lead to a coma. Immediately stop the use of Glucomin and proceed to a doctor or hospital emergency room.**

If you have taken an overdose or if a child has accidentally swallowed the medicine, proceed immediately to a doctor or hospital emergency room and bring the package of the medicine with you.

If you forget to take the medicine

If you forgot to take the medicine at the designated time, do not take a double dose to make up for a forgotten dose. Take the next dose at the regular time.

Continue treatment as recommended by the doctor.

Even if there is an improvement in your health, do not stop treatment with the medicine without consulting the doctor.

Do not take medicines in the dark! Check the label and the dose each time you take a medicine. Wear glasses if you need them.

If you have any further questions regarding the use of this medicine, consult a doctor or pharmacist.

4. Side effects

Like any medicine, the use of **Glucomin** can cause side effects in some users. Do not be alarmed while reading the side effects. You may not suffer from any of them.

Glucomin may cause a very rare (an effect that appears in less than one user out of 10,000), but very severe side effect called lactic acidosis (see section 2 "Special warnings regarding the use of the medicine").

If this side effect occurs, **stop taking Glucomin and proceed immediately to a doctor or hospital**, as lactic acidosis may cause a coma.

Very common side effects (effects that appear in more than one in ten users):

- Gastrointestinal disturbances, such as nausea, vomiting, diarrhea, abdominal pain and loss of appetite. These effects usually occur at the beginning of treatment with **Glucomin**. You can alleviate these symptoms by dividing the dose throughout the day and by taking **Glucomin** with or immediately after a meal. **If the symptoms continue, stop taking Glucomin and consult the doctor.**

Common side effects (effects that appear in 1-10 users out of 100):

- Change in sense of taste.
- Decreased or low blood levels of vitamin B12 [symptoms may include extreme tiredness, a sore and red tongue (inflammation of the tongue - glossitis), a sensation of pins and needles (paresthesia) or pale or yellow skin]. Your doctor may conduct a number of tests to discover the cause of the symptoms as some of them may be caused by diabetes or by other unrelated health problems.

Very rare side effects (effects that appear in less than one user out of 10,000):

- Lactic acidosis. A very rare but severe complication, especially if your kidneys do not function properly. Symptoms of lactic acidosis are not specific (see section 2 "Special warnings regarding the use of the medicine").
- Changes in tests for liver function or jaundice (liver inflammation that may cause tiredness, loss of appetite, weight loss, with or without yellowing of the skin or the whites of the eyes). If you experience these symptoms, **stop taking Glucomin and refer to your doctor.**

- Skin reactions such as skin redness (erythema), itching or itchy rash (urticaria).

Children and adolescents

Limited data regarding children and adolescence has shown side effects similar in character and severity to those reported in adults.

If a side effect appeared, if one of the side effects worsen or if you experience side effects not mentioned in this leaflet, consult a doctor.

Side effects can be reported to the Ministry of Health via the link "דיווח על תופעות לוואי עקב טיפול תרופתי" that can be found on the home page of the Ministry of Health website (www.health.gov.il) directing to the online form of adverse events reporting or via the following link: <https://sideeffects.health.gov.il>

5. How to store the medicine?

- Avoid poisoning! This medicine and any other medicine must be stored in a closed place out of the reach and sight of children and/or infants to avoid poisoning. Do not induce vomiting unless explicitly instructed to do so by the doctor.
- Do not use the medicine after the expiry date (תאריך תפוגה) stated on the package. The expiry date refers to the last day of that month.
- **Storage conditions:** store in a dry place, below 25°C.
- Do not throw away any medicines via wastewater or household waste. Ask the pharmacist how to throw away medicines you no longer use. These measures will help protect the environment.

6. Additional information

In addition to the active ingredient the medicine also contains:

Polymerized vinyl acetate, cellulose microcrystalline, hypromellose 2910, magnesium stearate, silica colloidal anhydrous, macrogol 6000, camauaba wax.

What the medicine looks like and what the package contains

A white caplet with break lines on both sides.

Approved package sizes: 10, 28, 30 or 100 caplets. Not all package sizes may be marketed.

Revised in April 2022 according to MOH guidelines.

Drug registration number at the national drug registry of the Ministry of Health:

112-20-29498

Manufacturer and registration holder: Dexcel Ltd., 1 Dexcel St., Or Akiva 3060000, Israel