

**PROPRIETARY NAME AND DOSAGE FORM**

CoQ10 120 mg(capsule)

**COMPOSITION**

Each capsule contains: Active ingredient: Coenzyme Q10 120 mg.  
Other ingredients (excipients): Magnesium stearate and Microcrystalline cellulose PH101.  
\*Capsules are free of sugar, gluten, preservatives and lactose.

**PHARMACOLOGICAL CLASSIFICATION**

D 34.13: Other.

Discipline: Health supplement.

**INDICATIONS**

Coenzyme Q10 (CoQ10) is a vitamin-like substance found in all parts of the body. CoQ10 concentration decreases with age. Supplementing with this product can help maintain good health and general wellbeing.

**CONTRA-INDICATIONS**

Do not use this medicine if you are hypersensitive (allergic) to any of the ingredients in the formulation. Avoid use in children under 12 years, unless under the supervision of your healthcare provider.

**WARNINGS AND SPECIAL PRECAUTIONS**

If you suffer from any serious ailments or conditions; or if you are taking any prescribed medication, please check with your healthcare provider before taking this medicine.

- Individuals who suffer from an overactive thyroid should not take Coenzyme Q10 unless under professional supervision as it may result in overstimulation of the thyroid gland.
- No studies on the effect on the ability to drive and use machines have been performed. Please exercise care when driving or operating machinery until you know how it affects you.
- Porphyria: Safety has not been established.

Nutritional supplementation should not replace a balanced diet. Do not exceed the recommended dose without consulting a healthcare provider.

**PREGNANCY AND LACTATION**

If you are pregnant or breastfeeding, please consult your doctor, pharmacist or other healthcare provider for advice before taking this medicine.

**INTERACTIONS**

If you are taking other medicines regularly, including complementary or traditional medicines, or start taking any additional medicines while taking this medicine, consult your healthcare provider for advice.

**DOSAGE AND DIRECTIONS FOR USE**

Take one or two capsules daily with meals; or as directed by your healthcare provider.

**SIDE EFFECTS**

Side effects may include nausea, vomiting, diarrhoea, appetite suppression and heartburn. Not all side effects reported for this medicine are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking this medicine, discontinue use immediately and consult your doctor, pharmacist or other healthcare provider for advice.

**KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENT**

No known symptoms of overdose. Treatment is symptomatic and supportive.

**IDENTIFICATION**

White capsule.

**PRESENTATION**

30 Capsules are packed in a plastic container.

**STORAGE INSTRUCTIONS**

Store all medicines out of reach of children. Store in a cool dry place below 25 °C and keep away from direct sunlight. Keep the container tightly closed.

**NAPPI CODE**

716986001

**NAME AND BUSINESS ADDRESS OF THE APPLICANT**

Alveta Healthcare (Pty) Ltd, 1 Greenwich Grove, Station Road, Rondebosch, 7700. Company registration number: 2004/021899/07. Pharmacy audit number: Y53008.

**DATE OF PUBLICATION OF THE PACKAGE INSERT**

March 2018.

## **HANDELSMERKNAAM EN DOSEERVORM**

CoQ10 120 mg (kapsule)

## **SAMESTELLING**

Elke kapsule bevat: Aktiewe bestanddeel: Ko-Ensiem Q10 120 mg  
Onaktiewe bestanddele: Magnesium stearaat en Mikrokristallyne sellulose PH101.  
\*Kapsules bevat geen suiker, gluten, preserveermiddels of laktose nie.

## **FARMAKOLOGIESE KLASSIFIKASIE**

D 34.13: Ander.

Dissipline: Gesondheidsaanvulling.

## **INDIKASIES**

Ko-Ensiem Q10 (CoQ10) is 'n vitamienagtige stof wat in alle dele van die liggaam aangetref word. CoQ10 konsentrasie neem af met ouderdom. Aanvulling met hierdie produk kan help om goeie gesondheid en algemene welstand te handhaaf.

## **KONTRA-INDIKASIES**

Vermý as jy hipersensitief (allergies) is vir enige van die bestanddele in die formule. Nie geskik vir gebruik in kinders onder 12 jaar nie, behalwe onder mediese toesig.

## **WAARSKUWINGS EN SPESIALE VOORSORGMATREËLS**

As jy enige voorgeskrewe medikasie gebruik of aan enige ernstige siektes of toestande ly, raadpleeg jou geneesheer voordat jy hierdie medisyne begin gebruik.

- Individue wat aan 'n ooraktiewe skildklier ly, behoort nie Ko-Ensiem Q10 te neem nie, tensy dit onder professionele toesig geskied, aangesien dit tot die oorstimulering van die skildklier kan lei.
- Geen studies is gedoen om die effek wat die medisyne het op bestuur en die gebruik van masjinerie vas te stel nie. Wees asseblief versigtig wanneer jy bestuur of masjinerie gebruik totdat jy weet hoe die medisyne jou beïnvloed.
- Porfirie: Veiligheid nie vasgestel nie.

Voedingsaanvullings moet nie 'n gebalanseerde dieët vervang nie. Moenie die aanbevole dosis oorskry sonder om 'n geneesheer te raadpleeg nie.

## **SWANGERSKAP EN BORSVOEDING**

Indien jy swanger is of borsvoed, raadpleeg jou geneesheer voordat jy hierdie medisyne gebruik.

## **INTERAKSIES**

As jy ander medisyne gereeld gebruik, insluitend aanvullende (komplimentêre) of tradisionele medisyne, of as jy enige addisionele medisyne begin neem terwyl jy hierdie medisyne gebruik, raadpleeg jou geneesheer vir raad.

## **DOSIS EN GEBRUIKSAANWYSINGS**

Neem een of twee kapsules daagliks met etes, of soos jou geneesheer voorskryf.

## **NEWE-EFFEKTE**

Nuwe-effekte kan naarheid, braking, diarree, apytonderdrukking en sooibrand insluit. Sommige aangemelde nuwe-effekte is nie in hierdie voubiljet ingesluit nie. Indien jy enige onaangename nuwe-effekte ervaar of voel dat jou algemene gesondheid verswak, hou onmiddellik op om die medisyne te gebruik en kontak jou geneesheer.

## **BEKENDE SIMPTOME VAN OORDOSERING EN BESONDERHEDE VAN DIE BEHANDELING**

Simptome van oordosering is onbekend. Behandeling is simptome en ondersteunend.

## **IDENTIFIKASIE**

Wit kapsule.

## **AANBIEDING**

30 Kapsules is verpak in 'n plastiek houer.

## **BERGINGSAAANWYSINGS**

Berg alle medisyne buite bereik van kinders. Berg in 'n koel, droë plek onder 25 °C en hou weg van direkte sonlig. Hou die houer dig toe.

## **NAPPI KODE**

716986001

## **NAAM EN BESIGHEIDSADRES VAN DIE APPLIKANT**

Alveta Healthcare (Pty) Ltd, Greenwich Grove 1, Station weg, Rondebosch, 7700.  
Maatskappy registrasie nommer: 2004/021899/07. Apteek oudit nommer: Y53008.

## **DATUM VAN VOUBILJET PUBLIKASIE**

Maart 2018.