

## PROFESSIONAL INFORMATION

### SCHEDULING STATUS: S0

Category D: Complementary medicine.

Discipline: Health Supplement

34.12 Multiple substance formulation

PROPRIETARY NAME, STRENGTH, PHARMACEUTICAL FORM –

### CoEnzyme Q10 ST 100 mg, 60 Capsules

#### COMPOSITION

Each one (1) capsule of COENZYME Q10 ST 100 MG contains the following actives:

Co-enzyme Q10 (as Ubiquinone)	50 mg
Vitamin E (as D-alpha tocopherol and mixed tocopherols)	67 mg

**Inactive Ingredients:** Hydroxypropylmethylcellulose, starch and silica.

**This product is non-GMO. (Sugar Free)**

#### PHARMACOLOGICAL CLASSIFICATION

Complementary Medicine

#### INDICATION & PHARMACOLOGICAL ACTION

**CITRICIDAL LIQUID** offers a stabilized form of coenzyme Q10 (CoQ10), ensuring stability, purity, and bioavailability. CoQ10 is a naturally occurring substance essential for energy production, especially for heart health. It possesses strong antioxidant properties and helps stabilize cell membranes, supporting healthy blood pressure that is already in the normal range. This formula also contains vitamin E for added antioxidant benefits.

Ingredients	Uses for ingredient
Co-enzyme Q10 (as Ubiquinone)	Coenzyme Q10 (CoQ10) cells use it to produce and manage energy. It also has an antioxidant effect. Antioxidants protect cells against damage by free radicals, which are highly chemically active by-products of normal cell activity.
Vitamin E (as D-alpha tocopherol and mixed tocopherols)	D-alpha-Tocopherol acetate is a form of vitamin E used to treat and prevent vitamin deficiencies. Vitamin E plays an important role in maintaining the health of your blood cells, brain, eyes, and skin.

#### CONTRA INDICATIONS:

If you are taking any chronic medication, do not use this product without consulting your healthcare professional. Do not take **COENZYME Q10 ST 100 MG** if you are hypersensitive (allergic) to any of the ingredients. If you have allergies, be sure to check with your healthcare professional before taking this supplement.

#### WARNING AND SPECIAL PRECAUTIONS

Should you have any of the following diagnosed conditions, consult with your healthcare professional before use: Heart conditions including high blood pressure, diabetes, cancer. If you are taking the following medication, please consult with your healthcare practitioner before taking: medication used to treat cancer, anticoagulants (Warfarin), high blood pressure medication. If you are taking the following medication, please consult with your healthcare professional before taking: digoxin, sodium polystyrene sulfonate, tetracycline/quinolone antibiotics (such as tetracycline, ciprofloxacin). If any of the following happens, stop using **COENZYME Q10 ST 100 MG** and tell your doctor or go to the casualty department at your nearest hospital:

- Allergic reactions— rash, itching/swelling (especially of the face/tongue/throat), severe dizziness, trouble breathing;



These are all very serious effects. If you have them, you may have had a serious reaction to **COENZYME Q10 ST 100 MG**. You may need urgent medical attention or hospitalisation.

Side effects that usually do not require medical attention (report to your healthcare professional if they continue):

- nausea/vomiting, constipation, loss of appetite.

These are all very serious effects. If you have them, you may have had a serious reaction to **COENZYME Q10 ST 100 MG**. You may need urgent medical attention or hospitalisation.

Seek advice from a healthcare professional if you have any medical condition. Discontinue use immediately should any adverse reaction occur.

Read this leaflet carefully because it contains important information for you. This product is available without a doctor's prescription.

- Keep this leaflet. You may need to read it again.
- Do not share medication with any other person.
- Ask your pharmacist if you need more information or advice.
- You must consult a doctor should your condition worsen or does not improve.

**DO NOT USE THIS PRODUCT:**

- If you are hypersensitive (allergic) to any of the ingredients listed.
- Do not accept this package if seals are broken.

#### INTERACTIONS

Always tell your healthcare professional if you are taking any other medicine. It is possible that exposure of certain supplement ingredients may interfere with certain medications. (See **Warnings & Special precautions**)

#### DOSAGE AND DIRECTIONS FOR USE

**Adults:** Take one (1) to two (2) capsules daily with meals or as directed by your healthcare practitioner.

**Do not take more than the recommended dose.**

#### SIDE EFFECTS

Should your general health worsen, or if you experience any untoward effects while being exposed to this product, please consult your doctor, pharmacist or other healthcare professional for advice.

#### KNOWN SYMPTOMS OF OVER DOSAGE AND PARTICULARS OF ITS TREATMENT

See side-effects.

#### Treatment:

Discontinue use and consult your doctor, pharmacist or other healthcare professional for advice.

#### STORAGE INSTRUCTION

Store in a cool, dark place, below 25 °C.

Protect from direct sunlight and heat.

Store in the original bottle.

Keep the bottle tightly closed.

Replace the protective cap after each use.

Do not use after the expiry date stated on the bottle.

Do not use **COENZYME Q10 ST 100 MG** if you notice visible signs of deterioration.

#### IDENTIFICATION

Orange/brown oval gelatine softgel.

#### PRESENTATION

A white 250 ml HDPE bottle with a white cap, induction seal, tamper shrink seal, wadding and silica gel sachet.

#### REGISTRATION NUMBER

To be allocated by SAHPRA upon registration.

This medicine has not been evaluated by SAHPRA for quality, safety, or intended use.

#### NAME AND BUSINESS ADDRESS OF APPLICANT

Distributed by:

Amipro Advanced Development Products (Pty) Ltd

Unit 3, Eastgate Business Park, 1 South Road, Eastgate Extension,

Sandton, 2146

Tel: 011-802-8101

#### DATE OF PUBLICATION

To be allocated by the regulatory authority.

# PROFESIONELE INLIGTINGSBLAD

SKEDULERINGSSTATUS: **S0**

Kategorie D: Komplementêre medisyne.

Dissipline: Gesondheidsaanvulling

34.12 Meervoudige Bestanddeel Formulasie

HANDELSNAAM EN DOSEERVORM,

## CoEnzyme Q10 ST 100 mg, 60 Kapsules

### SAMESTELING

Elke (1) kapsule COENZYME Q10 ST 100 MG bevat die volgende aktiewe stowwe:

Ko-ensiem Q10 (as Ubiquinone)	50 mg
Vitamiën E (as D-alfa-tokoferol en gemengde tokoferole)	67 mg

**Onaktiewe bestanddele:** Hydroxypropylmethylcellulose, stysel en silika.

**Hierdie produk is nie-GGO. (Suikervry)**

### FARMAKOLOGIESE KLASSIFIKASIE

Komplementêre medisyne

### AANDUIDING EN FARMAKOLOGIESE WERKING

**COENZYME Q10 ST 100 MG** bied 'n gestabiliseerde vorm van koënsiem Q10 (CoQ10), wat stabiliteit, suiwelheid en biobesikbaarheid verseker. CoQ10 is 'n natuurlike stof wat noodsaaklik is vir energieproduksie, veral vir hartgesondheid. Dit beskerm oor sterk antioksidantiese kappe en help om selmembrane te stabiliseer, wat gesonde bloeddruk ondersteun wat reeds in die normale omvang is. Hierdie formule bevat ook vitamien E vir ekstra antioksidante voordele.

Dit is alles baie ernstige gevolge. As jy dit het, het jy dalk 'n ernstige reaksie op **COENZYME Q10 ST 100 MG** gehad. Jy sal dalk dringende mediese hulp of hospitalisasie nodig hê.

Nuwe-effekte wat gewoonlik nie mediese hulp benodig nie (rapporteer aan jou gesondheidsorgpraktisyn as hulle voortduur):

- naarheid / braking, hardlywigheid, verlies aan eetlus,
- Dit is alles baie ernstige gevolge. As u dit het, het u moontlik 'n ernstige reaksie op **COENZYME Q10 ST 100 MG** gehad. Miskien het u dringende mediese hulp of hospitalisasie nodig.
- Raadpleeg 'n gesondheidsorgpraktisyn as u enige mediese toestand het.
- Staak gebruik onmiddellik indien enige nadelige reaksie plaasvind.
- Lees hierdie inligtingsblad aandagtig deur, want dit bevat belangrike inligting vir u.
- Hierdie produk is beskikbaar sonder doktersvoorskrif.
- Hou hierdie inligtingsblad. Miskien moet u dit weer lees.
- Moenie medisyne met enige ander persoon deel nie.
- Vra jou apteker of jy meer inligting of advies benodig.
- Jy moet 'n dokter raadpleeg indien jou toestand vererger of nie verbeter nie.

### MOENIE HIERDIE PRODUK GEBRUIK NIE:

- As jy hipersensitief (allergies) is vir enige van die bestanddele wat gelys word.
- Jy moet nie hierdie produk aanvaar as seëls gebreek word nie.

### INTERAKSIES

Vertel altyd jou gesondheidsorgpraktisyn as jy enige ander medisyne gebruik. Dit is moontlik dat blootstelling van sekere aanvullingsbestanddele met sekere medisyne 'n interaksie mag hê. (Sien **Waarskuwings en Spesiale Voorsorgmaatreëls**)

### DOSIS EN AANWYSINGS VIR GEBRUIK

**Volwassenes:** Neem daagliks een (1) kapsule saam met etes of soos voorgeskryf deur jou gesondheidspraktisyn.

**Moenie meer as die aanbevole dosis neem nie.**

### NUWE-EFFEKTE

Indien jy algemene gesondheid vererger of as jy enige nadelige effekte ervaar tydens die gebruik van hierdie medisyne, raadpleeg asseblief jou dokter, apteker of ander gesondheidsorgpraktisyn vir raad. As jy enige nuwe-effekte sien wat nie in hierdie inligtingsblad genoem word nie, stel asseblief jou dokter, apteker of gesondheidsorgpraktisyn in kennis.

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

Sien nuwe-effekte.

### Behandeling:

Staak gebruik en raadpleeg jou dokter, apteker of ander gesondheidsorgpraktisyn vir advies.

### BERGING INSTRUKSIE

Bêre in 'n koel, donker plek, onder 25 °C.

Beskermt teen direkte sonlig en hitte.

Bêre n die oorspronklike bottel.

Hou die bottel styf toe.

Vervang die beskermende dop na elke gebruik.

Moet nie gebruik word na die vervaldatum wat op die bottel aangeduid word nie.

Moenie **COENZYME Q10 ST 100 MG** gebruik as u sigbare tekens van agteruitgang opmerk nie.

### IDENTIFIKASIE

Oranje/bruin ovaal gelatien softgel.

### AANBIEDING

'n Wit 250 ml HDPE-bottel met 'n wit dop, induksiesel, peuterkrimpseël, spons en silikagelsakkie.

### REGISTRASIE NOMMER

Om by registrasie deur SAHPRA toegeken te word.

Hierdie medisyne is nie deur SAHPRA geëvalueer vir kwaliteit, veiligheid of beoogde gebruik nie.

### NAAM EN BESIGHEIDSADRES VAN APPLIKANT

Versprei deur: Ampiro Advanced Development Products (Pty) Ltd  
Unit 3, Eastgate Business Park, 1 South Road,  
Eastgate Extension,  
Sandton, 2146,  
Tel: 011- 802-8101

### DATUM VAN PUBLIKASIE

Om deur die regulerende owerheid toegeken te word.

Bestanddele	Gebruik vir bestanddeel
Ko-ensiem Q10 (as Ubiquinone)	Ko-ensiem Q10 (CoQ10) selle gebruik dit om energie te produseer en te bestuur. Dit het ook 'n antioksidante effek. Antioksidante beskerm selle teen skade deur vrye radikale, wat hoogs chemies aktiewe nuweprodukte van normale selaktiwiteit is.
Vitamiën E (as D-alfa-tokoferol en gemengde tokoferole)	D-alfa-tokoferolasetaat is 'n vorm van vitamien E wat gebruik word om vitamienkorte te behandel en te voorkom. Vitamiën E speel 'n belangrike rol in die handhawing van die gesondheid van jou bledselle, brein, oë en vel.

### KONTRA-INDIKASIES:

As jy enige chroniese medisyne neem, moenie hierdie produk gebruik sonder om jou gesondheidsorgpraktisyn te raadpleeg nie. Moenie **COENZYME Q10 ST 100 MG** neem as jy hipersensitief (allergies) is vir enige van die bestanddele nie. As jy allergieë het, maak seker dat jy met jou gesondheidsorgpraktisyn gaan voordat jy hierdie aanvulling neem.

### WAARSKUWING EN SPESIALE VOORSORGMAATREËLS

Indien jy enige van die volgende gedagnoseerde toestande het, raadpleeg jou gesondheidsorgpraktisyn voor gebruik. Harttoestande insluitend hoë bloeddruk, diabetes, kanker.

As jy die volgende medisyne neem, raadpleeg asseblief jou gesondheidspraktisyn voordat jy neem: medisyne wat gebruik word om kanker te behandel, antikoagulant (Warfarin), hoë bloeddruk medisyne. As enige van die volgende gebeur, hou op om **COENZYME Q10 ST 100 MG** te gebruik en vertel jou dokter of gaan na die ongevallen-afdeling by jou naaste hospitaal:

- Allergiese reaksies- uitslag, jeuk / swelling (veral van die gesig / tong / keel), erge duiseligheid, probleme met asemhaling.;