

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: **S0**

Category D: Complementary medicine.

Discipline: Health Supplement

34.12 Multiple substance formulation

PROPRIETARY NAME, STRENGTH, PHARMACEUTICAL FORM –

COQ10 ST 100 mg, 60 Capsules

READ ALL OF THIS LEAFLET CAREFULLY BECAUSE IT CONTAINS IMPORTANT INFORMATION FOR YOU

- **COENZYME Q10 ST 100 MG** is available without a doctor's prescription.
- Nevertheless, you still need to use **COENZYME Q10 ST 100 MG** carefully to get the best results from it.
- Keep this leaflet. You may need to read it again.
- Do not share **COENZYME Q10 ST 100 MG** with any other person.
- Ask your pharmacist or healthcare professional if you need more information or advice.

WHAT IS IN THIS LEAFLET

- What **COENZYME Q10 ST 100 MG** is and what it is used for.
- What you need to know before you take **COENZYME Q10 ST 100 MG**.
- What you take **COENZYME Q10 ST 100 MG**.
- Possible side effects.
- How to store **COENZYME Q10 ST 100 MG**.
- Contents of the pack and other information.

WHAT COENZYME Q10 ST 100 MG CONTAINS

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

Co-enzyme Q10 (as Ubiquinone)	100 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)

WHAT COENZYME Q10 ST 100 MG * IS AND WHAT IT IS USED FOR

COENZYME Q10 ST 100 MG 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.

BEFORE YOU TAKE COENZYME Q10 ST 100 MG

If you are taking any chronic medication, do not use this product without consulting your healthcare provider. 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.

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

PREGNANCY AND BREASTFEEDING

Safety during pregnancy and breastfeeding has not been established. If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, please consult your doctor, pharmacist or other healthcare practitioner for advice before taking this supplement.

DRIVING AND USING MACHINES

It is not always possible to predict to what extent **COENZYME Q10 ST 100 MG** may interfere with the daily activities of a patient. Patients should ensure that they do not engage in activities relating to requiring mental alertness, judgement and/or sound co-ordination and vision e.g. driving, riding, flying, sailing, operating machines/equipment, until they are aware of the measure to which **COENZYME Q10 ST 100 MG** may affect you.

TAKE OTHER MEDICINES WITH COENZYME Q10 ST 100 MG

Complementary medicine products contain ingredients which may interact with some medication. If you are taking any chronic medication, do not use this product without consulting your medical practitioner

HOW TO TAKE COENZYME Q10 ST 100 MG

Do not share medicines prescribed for you with any other person. Always take **COENZYME Q10 ST 100 MG** exactly as described in this leaflet, or as your doctor, healthcare provider has instructed you. You should check with your doctor, pharmacist or healthcare provider if you are unsure.

Directions for use:

Adults: Take one (1) capsule daily, with meals or as directed by your healthcare practitioner.

Do not take more than the recommended dose.

IF YOU TAKE MORE COENZYME Q10 ST 100 MG THAN YOU SHOULD

In the event of overdose, consult your doctor, pharmacist. Should none of these be available, contact the nearest hospital or poison control centre.



IF YOU FORGET TO TAKE COENZYME Q10 ST 100 MG

Do not take a double dose to make up for a missed dose.

POSSIBLE SIDE EFFECTS

COENZYME Q10 ST 100 MG may have side effects.

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 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.

Not all side effects and interactions reported for **COENZYME Q10 ST 100 MG** are included in this leaflet.

Should your general health worsen or if you experience any untoward effects while taking this medicine, please consult your doctor, pharmacist or other healthcare professional for advice. If you notice any side effects not mentioned in this leaflet, please inform your doctor, pharmacist or healthcare professional.

REPORTING OF SIDE EFFECTS

If you experience side effects, talk to your doctor, pharmacist or other healthcare professional. You can also report side effects to SAHPRA via "6.04 Adverse Drug Reaction Reporting Form", found online under SAHPRA's publications: <https://www.sahpra.org.za/Publications/Index/8>. By reporting side effects, you can help provide more information on the safety of **COENZYME Q10 ST 100 MG**.

STORAGE AND DISPOSING OF COENZYME Q10 ST 100 MG

Store all medicines out of the reach of children.

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

Protect from direct sunlight and heat.

Store in the original packaging.

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.

Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

PRESENTATION OF COENZYME Q10 ST 100 MG

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

IDENTIFICATION OF COENZYME Q10 ST 100 MG

Orange/brown oval gelatine softgel.

REGISTRATION NUMBER –

To be allocated by SAHPRA upon registration.

ACCESS TO THE CORRESPONDING PROFESSIONAL INFORMATION

Scan QR code.

THIS LEAFLET WAS LAST REVISED ON

19 November 2024

NAME AND ADDRESS OF REGISTRATION HOLDER

Distributed by:

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Sandton, 2146
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PASIËNT INLIGTINGSBLAD

SKEDULERINGSSTATUS 50

Kategorie D: Komplementêre medisyne.
Disipliene: Gesondheidsaanvulling
34.12 Meervoudige Bestanddeel Formulasie

HANDELSNAAM EN DOSEERVORM,

CoEnzyme Q10 ST 100 mg, 60 Kapsules

LEES HIERDIE INLIGTINGSBLAD NOUKEURING, WANT DIT BEVAT BELANGRIKE INLIGTING VIR U

- **COENZYME Q10 ST 100 MG** is beskikbaar sonder doktersvoorskrif.
- U moet steeds **COENZYME Q10 ST 100 MG** versigtig gebruik om die beste resultate daaruit te kry.
- Hou hierdie inligtingsblad. Miskien moet u dit weer lees.
- Moenie **COENZYME Q10 ST 100 MG** met enige ander persoon deel nie.
- Vra jou apteker of gesondheidsorgpraktisyn of jy meer inligting of advies benodig.

WAT IS IN HIERDIE INLIGTINGSBLAD

- Wat **COENZYME Q10 ST 100 MG** is en waarvoor dit gebruik word.
- Wat jy moet weet voordat jy **COENZYME Q10 ST 100 MG** neem.
- Hoe om **COENZYME Q10 ST 100 MG** te neem.
- Moontlike nuwe-effekte.
- Hoe om **COENZYME Q10 ST 100 MG** te bêre.
- Inhoud van die pak en ander inligting

WAT COENZYME Q10 ST 100 MG BEVAT

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

Ko-ensiem Q10 (as Ubiquinone)	100 mg
Vitamien E (as D-alfa-tokoferol en gemengde tokoferole)	67 mg

Onaktiewe bestanddele: Hydroxypropylmethylcellulose, stysel en silika. Hierdie produk is nie-GGO. (Suikervry)

WAT IS COENZYME Q10 ST 100 MG EN WAARVOOR WORD DIT GEBRUIK

COENZYME Q10 ST 100 MG bied 'n gestabiliseerde vorm van koënsiem Q10 (CoQ10), wat stabiliteit, suiwelheid en biobeskikbaarheid verseker. CoQ10 is 'n natuurlike stof wat noodsaaklik is vir energieproduksie, veral vir hartgesondheid. Dit beskik oor sterk antioksidanteienskappe 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.

VOORDAT JY COENZYME Q10 ST 100 MG NEEM

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

SWANGERSKAP EN BORSVOEDING

Veiligheid tydens swangerskap en borsvoeding is nie vasgestel, raadpleeg u gesondheidsorgpraktisyn voor gebruik. As u swanger is of borsvoed, dink dat u swanger is of beplan om 'n baba te hê, raadpleeg u gesondheidsorgpraktisyn voordat u hierdie aanvulling neem.

BESTUUR EN GEBRUIK VAN MASJIENE

Dit is nie altyd moontlik om te voorspel in watter mate **COENZYME Q10 ST 100 MG** die daaglikse aktiwiteite van 'n pasiënt kan belemmer nie. Pasiënte moet seker maak dat hulle nie betrokke raak by aktiwiteite wat verband hou met die vereiste van verstandelike waaksaamheid, oordeel en/of gesonde koördinasie en visie nie, byvoorbeeld bestuur, ry, vlieg, seil, bedryfsmasjien/toerusting, tottdat hulle bewus is van die mate waartoe **COENZYME Q10 ST 100 MG** jou beïnvloed.

NEEM VAN ANDER MEDISYNE SAAM MET COENZYME Q10 ST 100 MG

Komplementêre medisyne produkte bevat bestanddele wat met sommige medisyne 'n interaksie kan hê. As jy enige chroniese medisyne gebruik, moenie hierdie produk gebruik sonder om jou gesondheidsorgpraktisyn te raadpleeg nie.

HOE OM COENZYME Q10 ST 100 MG TE NEEM

Moenie medisyne wat vir u voorgeskryf is, met enige ander persoon deel nie. Neem altyd **COENZYME Q10 ST 100 MG** presies soos beskryf in hierdie inligtingsblad, of soos u dokter, gesondheidsorgpraktisyn voorgeskryf het. Raadpleeg jou dokter, apteker of gesondheidsorgpraktisyn as jy onseker is.

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.

AS JY MEER COENZYME Q10 ST 100 MG NEEM AS WAT JY MOET

In die geval van oordosering, raadpleeg u dokter of apteker. Indien nie een hiervan beskikbaar is nie, kontak die naaste hospitaal of gifbeheersentrum.

AS JY VERGEET OM COENZYME Q10 ST 100 MG TE NEEM

Moenie 'n dubbele dosis neem om op te maak vir 'n dosis wat oorgeslaan is nie.

MOONTLIKE NUWE-EFFEKTE

COENZYME Q10 ST 100 MG kan nuwe-effekte hê.

Indien jy enige van die volgende gediagnoseerde 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, antikoagulanse (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 ongevalle-afdeling by jou naaste hospitaal:

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

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

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

- naarheid / braking, hardlywigheid, verlies aan eetlus, Nie alle nuwe-effekte en interaksies wat vir **COENZYME Q10 ST 100 MG** gerapporteer word, is by hierdie inligtingsblad ingesluit nie. Indien jou 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.

AANMELDING VAN NUWE-EFFEKTE

As jy nuwe-effekte ervaar, praat met jou dokter, apteker of ander gesondheidsorgpraktisyn. U kan ook nuwe-effekte aan SAHPRA rapporteer via "6.04 Adverse Drug Reaction Reporting Form", wat aanlyn gevind word onder SAHPRA se publikasies:

<https://www.sahpra.org.za/Publications/Index/8>. Deur nuwe-effekte aan te meld, kan u help om meer inligting te verskaf oor die veiligheid van **COENZYME Q10 ST 100 MG**.

HOE OM COENZYME Q10 ST 100 MG TE BEREË

Bêre alle medisyne buite bereik van kinders.

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

Beskermt teen direkte sonlig en hitte.

Bêre in die oorspronklike verpakking.

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

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

Moenie ongebruikte medisyne in dreine of rioolstelsels (bv. toilette) weggooi nie.

AANBIEDING VAN COENZYME Q10 ST 100 MG

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

IDENTIFIKASIE VAN COENZYME Q10 ST 100 MG

Oranje/bruin ovaal gelatien softgel.

REGISTRASION NOMMER

Om deur SAHPRA toegeken te word by registrasie.

TOEGANG TOT DIE OOREENSTEMMENDE PROFESSIONELE INLIGTING

Sikander QR-kode.

HIERDIE INLIGTINGSBLAD IS LAAS HERSIEN OP

19 November 2024

NAAM EN ADRES VAN REGISTRASIEHOUEUR

Versprei deur:

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