

## PATIENT INFORMATION LEAFLET

### SCHEDULING STATUS <sup>50</sup>

Category D: Complementary medicine.

Discipline: Health Supplement

34.13 Other

PROPRIETARY NAME, STRENGTH, PHARMACEUTICAL FORM –

### COQ10 50 mg, 60 Capsules

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

- **COQ10 50 MG** is available without a doctor's prescription.
- Nevertheless, you still need to use **COQ10 50 MG** carefully to get the best results from it.
- Keep this leaflet. You may need to read it again.
- Do not share **COQ10 50 MG** with any other person.
- Ask your pharmacist or healthcare professional if you need more information or advice.

#### WHAT IS IN THIS LEAFLET

- What **COQ10 50 MG** is and what it is used for.
- What you need to know before you take **COQ10 50 MG**.
- How to take **COQ10 50 MG**.
- Possible side effects.
- How to store **COQ10 50 MG**.
- Contents of the pack and other information.

#### WHAT COQ10 50 MG CONTAINS

Each one (1) capsule of **COQ10 50 MG** contains the following actives:

Ino-enzyme Q10 (as Ubiquinone) 50 mg

**Inactive Ingredients:** Hydroxypropylmethylcellulose, starch and silica.  
**This product is non-GMO. (Sugar Free)**

#### WHAT COQ10 50 MG <sup>®</sup> IS AND WHAT IT IS USED FOR

**COQ10 50 MG** is designed to support overall cardiovascular and cellular health, playing a role in natural energy production. CoQ10 also provides antioxidant support for cell health and integrity.

#### BEFORE YOU TAKE COQ10 50 MG

If you are taking any chronic medication, do not use this product without consulting your healthcare provider. Do not take **COQ10 50 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 **COQ10 50 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 **COQ10 50 MG** may affect you.

#### TAKING OTHER MEDICINES WITH COQ10 50 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 COQ10 50 MG

Do not share medicines prescribed for you with any other person. Always take **COQ10 50 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) to two (2) capsules daily with meals or as directed by your healthcare practitioner.

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

#### IF YOU TAKE MORE COQ10 50 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 COQ10 50 MG

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

#### POSSIBLE SIDE EFFECTS

**COQ10 50 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 **COQ10 50 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 **COQ10 50 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 **COQ10 50 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 **COQ10 50 MG**.

#### STORAGE AND DISPOSING OF COQ10 50 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 **COQ10 50 MG** if you notice visible signs of deterioration.

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

#### PRESENTATION OF COQ10 50 MG

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

#### IDENTIFICATION OF COQ10 50 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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# PASIËNT INLIGTINGSBLAD

SKEDULERINGSSTATUS 50

Kategorie D: Komplementêre medisyne.

Dissipline: Gesondheidsaanvulling

34.13 Ander

HANDELSNAAM EN DOSEERVORM,

## COQ10 50 mg, 60 Kapsules

LEES HIERDIE INLIGTINGSBLAD NOUKEURIG, WANT DIT BEVAT

BELANGRIKE INLIGTING VIR U

- **COQ10 50 MG** is beskikbaar sonder doktersvoorskrif.
- U moet steeds **COQ10 50 MG** versigtig gebruik om die beste resultate daaruit te kry.
- Hou hierdie inligtingsblad. Miskien moet u dit weer lees.
- Moenie **COQ10 50 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 **COQ10 50 MG** is en waarvoor dit gebruik word.
- Wat jy moet weet voordat jy **COQ10 50 MG** neem.
- Hoe om **COQ10 50 MG** te neem.
- Moontlike nuwe-effekte.
- Hoe om **COQ10 50 MG** te bêre.
- Inhoud van die pak en ander inligting

WAT COQ10 50 MG BEVAT

Elke een (1) kapsule **COQ10 50 MG** bevat die volgende aktiewe:

Ko-ensiem Q10 (as Ubiquinone) 50 mg

Onaktiewe bestanddele: Hydroxypropylmethylcellulose, stysel en silika.

Hierdie produk is nie-GGO. (Suikervry)

WAT IS COQ10 50 MG EN WAARVOOR WORD DIT GEBRUIK

**COQ10 50 MG** is ontwerp om algehele kardiovaskulêre en sellulêre gesondheid, wat 'n rol speel in natuurlike energieproduksie. CoQ10 bied ook antioksidantondersteuning vir selgesondheid en integriteit.

VOORDAT JY COQ10 50 MG NEEM

As jy enige chroniese medisyne neem, moenie hierdie produk gebruik sonder om jou gesondheidsorgpraktisyn te raadpleeg nie. Moenie **COQ10 50 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 deur 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 MASIENE

Dit is nie altyd moontlik om te voorspel in watter mate **COQ10 50 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, bedryfsmasjiene/toerusting, totdat hulle bewus is van die mate waartoe **COQ10 50 MG** jou beïnvloed.

NEEM VAN ANDER MEDISYNE SAAM MET COQ10 50 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 COQ10 50 MG TE NEEM

Moenie medisyne wat vir u voorgeskryf is, met enige ander persoon deel nie. Neem altyd **COQ10 50 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 daaglik een (1) tot twee (2) kapsules saam met etes of soos voorgeskryf deur jou gesondheidspraktisyn.

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

AS JY MEER COQ10 50 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 COQ10 50 MG TE NEEM

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

**MOONTLIKE NUWE-EFFEKTE**

**COQ10 50 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: 'n medisyne wat gebruik word om kanker te behandel, antikoagulanse (Warfarin), hoë bloeddruk medisyne. As enige van die volgende gebeur, hou op om **COQ10 50 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 **COQ10 50 MG** gehad. Jy mag dalk dringend 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 **COQ10 50 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 **COQ10 50 MG**.

**HOE OM COQ10 50 MG TE BÊRÊ**

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 **COQ10 50 MG** gebruik as u sigbare tekens van agteruitgang opmerk nie.

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

**AANBIEDING VAN COQ10 50 MG**

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

**IDENTIFIKASIE VAN COQ10 50 MG**

Oranje/bruin ovaal gelatien softgel.

**REGISTRASION NOMMER**

Om deur SAHPRA toegaken te word by registrasie.

**TOEGANG TOT DIE OOREENSTEMMENDE PROFESSIONELE INLIGTING**

Skandeer QR-kode.

**HIERDIE INLIGTINGSBLAD IS LAAS HERSIEN OP**

19 November 2024

**NAAM EN ADRES VAN REGISTRASIEHOUER**

Versprei deur:

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