

SUPPLEMENT FACTS

Neo Q10 100 mg Capsule
Each soft gelatin capsule contains Coenzyme Q10.....100 mg
(PharmEvo Specs.)

DESCRIPTION

Coenzyme Q10 (CoQ10) is a compound found naturally in virtually every cell in the human body. Because of its ubiquitous presence in nature and its quinone structure (similar to that of vitamin K), CoQ10 is also known as ubiquinone. CoQ10 is a fat-soluble substance whose primary role is as a vital intermediate of the electron transport system in the mitochondria. Adequate amounts of CoQ10 are necessary for cellular respiration and ATP production. CoQ10 also functions as an intercellular antioxidant.

PHARMACOLOGICAL PROPERTIES

Pharmacodynamics

Mechanism of Action

The primary role of CoQ10 is as a vital intermediate of the electron transport system in the mitochondria. Adequate amounts of CoQ10 are necessary for cellular respiration and ATP production. Due to its involvement in ATP synthesis, CoQ10 affects the function of all cells in the body, making it essential for the health of all tissues and organs. CoQ10 also functions as an intercellular antioxidant at the mitochondrial level.

Pharmacokinetics

CoQ10 is absorbed from the small intestine, passes into the lymphatics, and finally to the blood and tissues. CoQ10 is well-absorbed by oral supplementation and T_{max}=6 hours.

HEALTH BENEFITS

- Weakness, fatigue, and seizures
- Migraine headache
- Muscular dystrophy
- Age-related vision loss
- Isolated systolic hypertension
- Infertility in men
- Pre-eclampsia
- Nerve damage caused by diabetes
- Huntington's disease, Parkinson's disease, Peyronie's disease
- High blood pressure
- Congestive heart failure
- Blood vessel complications caused by heart bypass surgery
- Mitochondrial Encephalomyopathies
- To overcome Co-enzyme Q10 deficiency in patients taking statins and beta blockers.

DOSE AND ADMINISTRATION

- For known Coenzyme Q-10 deficiency: 150 mg daily.
- For mitochondrial disorders (mitochondrial encephalomyopathies): 150-160 mg, or 2 mg/kg/day.
- For heart failure in adults: 100 mg per day divided into 2 or 3 doses.
- For reducing the risk of future cardiac events in patients with recent myocardial infarction: 120 mg daily in 2 divided doses.
- For high blood pressure: 120-200 mg per day divided into 2 doses.
- For isolated systolic hypertension: 60 mg twice daily.
- For preventing migraine headache: 100 mg three times daily. A dose of 1-3 mg/kg has also been used in pediatric and adolescent patients.
- For Parkinson's disease: 300 mg, 600 mg, 1200 mg, and 2400 mg per day in 3-4 divided doses.
- For infertility in men: 200-300 mg per day.
- For muscular dystrophy: 100 mg per day.
- For pre-eclampsia: 100 mg twice daily starting at week 20 of pregnancy until delivery.

Dividing the total daily dose by taking smaller amounts two or three times a day instead of a large amount all at once can help reduce side effects.

CONTRAINDICATIONS:

No absolute contraindication are known for coenzyme Q10

WARNINGS AND PRECAUTIONS

Pregnancy:

There is some evidence to suggest that co-enzyme Q10 has been used safely at a dose of 100 mg twice daily until delivery, a total of about 20-24 weeks.

Breast Feeding:

Not enough is known about the use of coenzyme Q-10 during breast-feeding.

Chemotherapy:

There is some concern that coenzyme Q-10 might lower the

effectiveness of some chemotherapeutic drugs. People undergoing chemotherapy with certain drugs should use coenzyme Q-10 with caution.

High blood pressure or low blood pressure:

It can increase the effects of medications used to lower blood pressure. Patients with blood pressure problems should use this supplement after discussing with their health care provider.

Smoking:

Cigarette smoking depletes the amount of coenzyme Q-10 stored by the body and may reduce the therapeutic effects of Co-enzyme Q10.

Surgery:

Coenzyme Q-10 might interfere with blood pressure control during and after surgery. Stop using coenzyme Q-10 at least two weeks before a scheduled surgery.

Pediatric use:

Coenzyme Q-10 is possibly safe for children when taken by mouth. However, coenzyme Q-10 should not be used in children without medical supervision.

ADVERSE REACTIONS

Stomach upset, loss of appetite, nausea, vomiting, and diarrhea. Allergic reactions have been reported rarely with Co-enzyme Q10. However, patients should be advised to seek immediate medical attention if they notice any of the following symptoms of a serious allergic reaction: rash, itching/swelling (especially of the face/tongue/throat), severe dizziness, trouble breathing.

DRUG INTERACTIONS

Medications for high blood pressure (Antihypertensive drugs) interacts with Co-Enzyme Q-10

Coenzyme Q-10 seems to decrease blood pressure. Taking coenzyme Q-10 along with medications for high blood pressure might cause blood pressure to go too low. Some medications for high blood pressure include Captopril, Enalapril, Losartan, Valsartan, Diltiazem, Amlodipine, Hydrochlorothiazide, Furosemide, and many others.

Warfarin interacts with Co-Enzyme Q-10

Warfarin is used to slow blood clotting. Coenzyme Q-10 might help the blood clot. By helping the blood clot, coenzyme Q-10 might decrease the effectiveness of warfarin. Decreasing the effectiveness of warfarin might increase the risk of clotting. Patients should be advised to get their INR test done regularly. The dose of warfarin might need to be adjusted.

OVERDOSAGE

NeoQ10 appears to be quite safe, even at the highest doses cited in the literature. Occasional reports of nausea, anorexia, or skin eruptions have been reported with NeoQ10 supplementation.

PRESENTATION

NeoQ10 (Coenzyme Q10 100 mg) Pack of 20 soft gelatin capsules.

INSTRUCTIONS

Use as advised by the physician.
Keep out of the reach of children.
To be sold on the prescription of a registered medical practitioner only.
Protect from light, heat and moisture.
Store below 30°C.
For suspected adverse drug reaction, email us at reports@pharmevo.biz

For more information on our products

call PharmAssist helpline 0800-82222
Monday to Friday 9:00 am to 6:00 pm
or email us at : pharmassist@pharmevo.biz

نو ایٹاٹ: ڈاکٹر کی ہدایت کے مطابق استعمال کریں۔
بچوں کی ہتھک سے دور رکھیں۔
صرف ریفریڈ ڈاکٹر کے تجزیے پر ہی فروخت کی جائے۔
رہائی کری اور می سے محفوظ 30°C سے کم درجہ حرارت پر رکھیں۔
درد کے کوئی اثرات سے محفوظ سے محفوظ reports@pharmevo.biz



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