PATIENT INFORMATION LEAFLET

SCHEDULING STATUS: S0

GENOLOGIX CoQ10 150mg hard capsules

Coenzyme Q10 (ubidecarenone, ubiquinone form) 150 mg per daily dose (1 capsule)
Sugar free

COMPLEMENTARY MEDICINE
Health Supplement
This unregistered medicine has not been evaluated by the SAHPRA for its quality, safety or intended use.

This leaflet is also available in Afrikaans at https://genologix.co.za/product/genologix-coq10-150mg-30-days-supply/

Read all of this leaflet carefully because it contains important information for you

Genologix CoQ10 150mg is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to use Genologix CoQ10 150mg carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share Genologix CoQ10 150mg with any other person.
- Ask your health care provider or pharmacist if you need more information or advice.

What is in this leaflet

1. What Genologix CoQ10 150mg is and what it is used for
2. What you need to know before you take Genologix CoQ10 150mg
3. How to take Genologix CoQ10 150mg
4. Possible side effects
5. How to store Genologix CoQ10 150mg
6. Contents of the pack and other information

1. What Genologix CoQ10 150mg is and what it is used for

Genologix CoQ10 150mg is a health supplement. It contains coenzyme Q10 (CoQ10), also called ubiquinone. CoQ10 is a natural substance found in almost every cell of the body, especially in the heart, where it helps cells produce energy.

The CoQ10 in this product is made by natural fermentation.

Genologix CoQ10 150mg:

- is an antioxidant;
- contributes to the protection of cells from oxidative stress; and
- helps to maintain and support cardiovascular (heart) health.

2. What you need to know before you take Genologix CoQ10 150mg

Do not take Genologix CoQ10 150mg:

- if you are hypersensitive (allergic) to coenzyme Q10 or any of the other ingredients of Genologix CoQ10 150mg (listed in section 6).

Warnings and precautions

Take special care with Genologix CoQ10 150mg. Talk to your doctor or pharmacist before taking it:

- if you are taking medicine for high blood pressure;
- if you are taking blood thinners (e.g. warfarin);
- if you have low blood pressure; or
- if you are going to have an operation.

Consult a relevant health care provider prior to use if you are taking blood pressure medication.

Consult a health care practitioner prior to use if you are taking blood thinners.

Children and adolescents

Do not give Genologix CoQ10 150mg to children and adolescents under 18 years of age. Its safety in this age group has not been established.

Other medicines and Genologix CoQ10 150mg

Always tell your health care provider if you are taking any other medicine. (This includes all complementary or traditional medicines.)

CoQ10 may change how well the following medicines work:

- blood thinners such as warfarin (CoQ10 may reduce their effect);
- medicines for high blood pressure (CoQ10 may lower blood pressure further);
- some cancer medicines (talk to your doctor if you are having chemotherapy).

Genologix CoQ10 150mg with food, drink and alcohol

Take Genologix CoQ10 150mg with a meal that contains some fat. CoQ10 dissolves in fat and is absorbed better with food. No interactions with drinks or alcohol are known.

Pregnancy, breastfeeding and fertility

The safety of Genologix CoQ10 150mg in pregnancy and breastfeeding has not been established. If you are pregnant or breastfeeding, consult your health care provider before taking it.

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 health care provider for advice before taking this medicine.

Driving and using machines

Genologix CoQ10 150mg is not expected to affect your ability to drive or use machines.

It is not always possible to predict to what extent Genologix CoQ10 150mg may interfere with your daily activities. Do not drive, operate machinery or take part in activities that need you to be alert until you know how Genologix CoQ10 150mg affects you.

Genologix CoQ10 150mg contains

Genologix CoQ10 150mg contains no sugar and no sweeteners.

3. How to take Genologix CoQ10 150mg

Do not share medicines prescribed for you with any other person.

Always take Genologix CoQ10 150mg exactly as described in this leaflet or as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

Adults (18 years and older): take one (1) capsule once a day. This provides 150 mg of CoQ10.

Do not take more than one (1) capsule in 24 hours.

Children and adolescents under 18 years: Genologix CoQ10 150mg is not intended for this age group.

How to take it:

1. Take the capsule in the morning with a meal that contains some fat.
2. Swallow the capsule whole with a glass of water.
3. Stop taking Genologix CoQ10 150mg if you get any side effects (see section 4).

A varied diet is the most effective and safe way to achieve good nutrition, health, body composition as well as mental and physical performance.

If you take more Genologix CoQ10 150mg than you should

If you take too many capsules, you may get an upset stomach, nausea or diarrhoea.

In the event of overdosage, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison centre.

If you forget to take Genologix CoQ10 150mg

If you forget a dose, take your next dose at the usual time the next day.

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

If you stop taking Genologix CoQ10 150mg

You can stop taking Genologix CoQ10 150mg at any time. No withdrawal effects are expected.

4. Possible side effects

Genologix CoQ10 150mg can have side effects.

Not all side effects reported for Genologix CoQ10 150mg are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking Genologix CoQ10 150mg, please consult your health care provider for advice.

If any of the following happens, stop taking Genologix CoQ10 150mg and tell your doctor immediately or go to the casualty department at your nearest hospital:

- swelling of the hands, feet, ankles, face, lips, mouth or throat, which may cause difficulty in swallowing or breathing,
- rash or itching,
- fainting.

These are all very serious side effects. If you have them, you may have had a serious reaction to Genologix CoQ10 150mg. You may need urgent medical attention or hospitalisation.

Tell your doctor if you notice any of the following:

Frequency unknown:

- upset stomach, nausea (feeling sick) or loss of appetite,
- diarrhoea,
- headache or dizziness,
- difficulty sleeping (if taken late in the day),
- skin rash.

If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.

Reporting of side effects

If you get side effects, talk to your doctor or pharmacist. You can also report side effects to SAHPRA via the Med Safety APP (Medsafety X SAHPRA) and eReporting platform (who-umc.org) found on SAHPRA website. By reporting side effects, you can help provide more information on the safety of Genologix CoQ10 150mg.

You can also report side effects directly to Genologix by completing the side effect report form on our website at https://genologix.co.za/adr-form-page/, or by contacting us on 087 094 0594, WhatsApp 060 532 8317 or info@genologix.co.za.

5. How to store Genologix CoQ10 150mg

Store all medicines out of reach of children.

- Store in a cool, dry place at or below 25 °C.
- Protect from light and moisture.
- Keep the capsules in the original pouch. Reseal the pouch tightly after each use.
- Do not store in a bathroom.
- Do not use after the expiry date printed on the pouch.
- Do not use Genologix CoQ10 150mg if the pouch seal is broken or the capsules look damaged.

Return all unused medicine to your pharmacist.

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

6. Contents of the pack and other information

What Genologix CoQ10 150mg contains

The active substance is coenzyme Q10 (ubidecarenone, ubiquinone form), made by fermentation.

Active ingredient	Per capsule	Per daily dose (1 capsule)
Coenzyme Q10 (ubidecarenone) [fermentation]	150 mg	150 mg

The other ingredients are microcrystalline cellulose and hypromellose (the vegan capsule shell).

Microcrystalline cellulose is a plant fibre used as a filler. It makes sure that every capsule contains the correct amount of the active ingredient. These ingredients are not active ingredients. They are only used to help us make the capsules accurately and consistently.

What Genologix CoQ10 150mg looks like and contents of the pack

Clear, hard vegan (hypromellose) capsules filled with a yellow to orange powder.

30 capsules (30 daily doses) packed in a resealable, laminated, light-protective pouch.

Holder of Certificate of Registration

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Registration number

Not applicable. Unregistered complementary medicine, Act 101/1965.

Access to the corresponding Professional Information

The Professional Information for Genologix CoQ10 150mg is available on request from Genologix on 087 094 0594 or info@genologix.co.za. Address your correspondence for the attention of the Responsible Pharmacist.