

<b>PACKAGE INSERT</b> CARDIOMAX VEGICAPS	<b>VOUBILJET</b> CARDIOMAX VEGICAPS								
<b>SCHEDULING STATUS</b> S0	<b>SKEDULERINGSTATUS</b> S0								
<b>PROPRIETARY NAME AND DOSAGE FORM</b> CARDIOMAX VEGICAPS (softgel vegicapsules)	<b>HANDELSNAAM EN DOSEERVORM</b> CARDIOMAX VEGICAPS (sagte vegikapsules)								
<b>COMPOSITION</b> Each capsule contains: Co-enzyme Q10 150 mg (Ubidecarenone) Excipients: Beeswax, carrageenan, dibasic sodium phosphate, glycerol, hydroxypropyl starch, lecithin, soya oil, vegetable oil, iron oxide black and red, purified water.	<b>SAMESTELLING</b> Elke kapsule bevat: Koënsiem Q10 150mg (Ubidecarenone) Onaktiewe bestanddele: byewas, carrageenan, dibasiese natriumfosfaat, gliserol, hydroxypropiel stysel, lesitiën, soja-olie, groente-olie, ysteroksied swart en rooi, gesuiwerde water.								
<b>PHARMACOLOGICAL CLASSIFICATION</b> D. 32.2 other Western Herbal	<b>FARMAKOLOGIESE KLASSIFIKASIE</b> D. 32.2 Ander Westerse Kruië.								
<b>PHARMACOLOGICAL ACTION</b> Coenzyme Q10 is a naturally occurring coenzyme involved in electron transport in the mitochondria. This vitamin-like compound is present in virtually all cells. Its primary functions include activity as an antioxidant, a membrane stabilizer, and as a co-factor in many metabolic pathways. <b>Pharmacodynamic properties</b> Co-enzyme Q10 is important in the production of adenosine triphosphate (ATP) in oxidative respiration. Coenzyme Q10 increases plasma levels of high density lipoprotein (HDL) cholesterol, vitamin E, and vitamin C, and decreases levels of total cholesterol, low density lipoprotein (LDL) cholesterol, and products of lipid peroxidation. Coenzyme Q10 does not affect the cholesterol-lowering effect of statins. <b>Pharmacokinetic properties</b> Coenzyme Q10 is absorbed from the small intestine, passes into the lymph, and finally to the blood and tissues.	<b>FARMAKOLOGIESE WERKING</b> Koënsiem Q10 is 'n natuurlike koënsiem wat betrokke is met die vervoer van elektrone in die mitochondria. Hierdie vitamien-agtige molekule is teenwoordig in feitlik alle selle. Die primêre funksie van koënsiem Q10 is die van 'n antioksidant, 'n membraan stabiliseerder, en as 'n ko-faktor in baie metaboliese prosesse. <b>Farmakodinamiese eienskappe</b> Koënsiem Q10 is belangrik in die produksie van adenosientrifosfaat (ATP) gedurende oksidatiewe respirasie. Koënsiem Q10 verhoog plasma vlakke van hoë-digtheid lipoproteïen (HDL) cholesterol, vitamien E en vitamien C, en verlaag die vlakke van totale cholesterol, lae digtheid lipoproteïen (LDL) cholesterol, en produkte van lipied peroksidasie. Koënsiem Q10 het geen invloed op die cholesterol verlagende effek van statiene nie. <b>Farmakokinetika eienskappe</b> Koënsiem Q10 word uit die dunderm geabsorbeer, en vervoer na die limf, en dan uiteindelik na die bloed en weefsel.								
<b>INDICATIONS</b> Supplementation of Co-enzyme Q10 Patients needing anti-oxidant supplementation.	<b>INDIKASIES</b> Aanvulling van Koënsiem Q10 Pasiënte wat anti-oksidant aanvullings benodig.								
<b>CONTRAINDICATIONS</b> Patients with known hypersensitivity to any of the ingredients. Patients taking warfarin or other anti-coagulant medication.	<b>KONTRA-INDIKASIES</b> Pasiënte met 'n bekende hipersensitiwiteit vir enige van die bestanddele. Pasiënte wat Warfarin of ander anti-koagulante medikasie moet neem.								
<b>WARNINGS AND SPECIAL PRECAUTIONS</b> Coenzyme Q10 may lower blood pressure and can cause additive effects when used in conjunction with medication for hypertension. Coenzyme Q10 might affect blood pressure during and after surgical procedures. Discontinue the use of coenzyme Q10 at least 2 weeks before elective surgical procedures. <b>Special precautions</b> Cigarette smoking depletes body stores of coenzyme Q10. <b>Effects on ability to drive vehicles and use machinery:</b> Not known, see side effects.	<b>WAARSKUWING EN SPESIALE VOORSORGMATREELS</b> Koënsiem Q10 kan bloeddruk verlaag en kan toevoeglike effekte hê as dit gebruik / gedrink word saam met medikasie vir hipertensie. Koënsiem Q10 kan bloeddruk affekteer tydens en na sjirurgiese prosedures. Staak die gebruik daarvan ten minste 2 weke voor die sjirurgie. <b>Spesiale voorsorgmaatreels</b> Sigaretrook kan die liggaam se koënsiem Q10 store uitput. <b>Effek op die vermoë om motor te bestuur en masjinerie te gebruik:</b> Nie bekend, sien newe-effekte.								
<b>INTERACTIONS</b> Coenzyme Q10 can decrease blood pressure and might have additive blood pressure lowering effects when used with antihypertensive drugs. It might reduce the anticoagulation effects of Warfarin.	<b>INTERAKSIES</b> Koënsiem Q10 kan bloeddruk verlaag en dalk 'n toevoeglike bloeddruk verlaagings effek hê as dit saam met antihipertensiewe middels gebruik word. Dit kan die antistolerapeutiese effekte van Warfarin verminder.								
<b>PREGNANCY AND LACTATION</b> Safety during pregnancy and lactation has not yet been established. Consult your medical practitioner before use.	<b>SWANGERSKAP EN LAKTASIE</b> Veiligheid tydens swangerskap en laktasie is nie vasgestel nie. Raadpleeg jou mediese praktisyn.								
<b>DOSAGE AND DIRECTIONS FOR USE</b> Adults - Take one capsule daily. To promote maximum absorption, capsule should be taken with the main meal of the day.	<b>DOSIS EN GEBRUIKSAANWYSINGS</b> Volwassenes - Neem een kapsule daaglik. Om maksimum absorpsie te bevorder, neem die kapsule met die hoof maaltyd van die dag.								
<b>SIDE EFFECTS</b>	<b>NEWE-EFFEKTE</b>								
<table border="1"> <tr> <td><b>Gastrointestinal</b> Less frequent</td> <td>Nausea, vomiting, diarrhoea, appetite suppression, heartburn, and epigastric discomfort.</td> </tr> <tr> <td><b>Skin</b> Less frequent</td> <td>Skin eruptions</td> </tr> </table>	<b>Gastrointestinal</b> Less frequent	Nausea, vomiting, diarrhoea, appetite suppression, heartburn, and epigastric discomfort.	<b>Skin</b> Less frequent	Skin eruptions	<table border="1"> <tr> <td><b>Maag</b> Minder gereeld</td> <td>Naarheid, braking, diarree, vermindering van eetlus, sooi-brand, epigastriese ongemak.</td> </tr> <tr> <td><b>Vel</b> Minder gereeld</td> <td>Veluitslag</td> </tr> </table>	<b>Maag</b> Minder gereeld	Naarheid, braking, diarree, vermindering van eetlus, sooi-brand, epigastriese ongemak.	<b>Vel</b> Minder gereeld	Veluitslag
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<b>KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENT</b> Treatment is symptomatic and supportive.	<b>BEKENDE SIMPTOME VAN OORDOSERING EN BESONDERHEDE VIR DIE BEHANDELING DAARVAN</b> Behandeling is simptomaties en ondersteunend.								
<b>IDENTIFICATION</b> Brown oval shaped softgel vegicapsule.	<b>IDENTIFIKASIE</b> Bruin ovaalvormige sagte vegikapsules.								
<b>PRESENTATION</b> Available in packs of 30 capsules.	<b>AANBIEDING</b> Beskikbaar in pakke van 30 kapsules.								
<b>STORAGE INSTRUCTIONS</b> Store in a cool, dry place at or below 25°C KEEP OUT OF REACH OF CHILDREN.	<b>BERGINGSINSTRUKSIES</b> Hou in 'n koel, droë plek teen of onder 25°C HOU BUITE BEREIK VAN KINDERS.								
<b>REGISTRATION NUMBER</b> Will be allocated by Council upon registration.	<b>REGISTRASIENOMMER</b> Sal toegeken word deur die Raad na afloop van registrasie.								
<b>NAME AND BUSINESS ADDRESS OF THE HOLDER OF THE CERTIFICATE OF REGISTRATION</b> Keynote Health (Pty) Ltd Unit 2 Penny Lane Park 64 Ebonyfield Ave Springfield Park 4091	<b>NAAM EN BESIGHEIDSADRES VAN DIE HOUER VAN DIE REGISTRASIESERTIFIKAAT</b> Keynote Health (Pty) Ltd Eenheid 2 Penny Lane Park 64 Ebonyfield Ave Springfield Park 4091								
<b>DATE OF PUBLICATION OF THE PACKAGE INSERT</b> April 2015	<b>DATUM VAN PUBLIKASIE VAN DIE VOUBILJET</b> April 2015								
This medicine has not been evaluated by the Medicines Control Council. This medicine is not intended to diagnose, treat, cure or prevent any disease.	Hierdie medisyne is nie deur die Medisynebeheerraad geëvalueer nie. Hierdie medisyne beoog nie om enige siekte te diagnoseer, te behandel, te genees of te voorkom nie.								

<b>PATIENT INFORMATION LEAFLET</b> CARDIOMAX VEGICAPS	<b>PASIËNTINLIGTINGSBLAADJIE</b> CARDIOMAX VEGICAPS
<b>SCHEDULING STATUS</b> S0	<b>SKEDULERINGSTATUS</b> S0
<b>PROPRIETARY NAME AND DOSAGE FORM</b> CARDIOMAX VEGICAPS (softgel vegicapsules)	<b>HANDELSNAAM EN DOSEERVORM</b> CARDIOMAX VEGICAPS (sagte vegikapsules)
<b>Read all of this leaflet carefully because it contains important information for you.</b> CARDIOMAX VEGICAPS is available without a doctor's prescription, for you to treat a mild illness. Nevertheless you still need to use CARDIOMAX VEGICAPS carefully to get the best results from it. <ul style="list-style-type: none"> <li>Keep this leaflet. You may need to read it again.</li> <li>Do not share CARDIOMAX VEGICAPS with any other person.</li> <li>Ask your pharmacist if you need more information or advice.</li> <li>You must see a doctor if your symptoms worsen or do not improve.</li> </ul>	<b>Lees die hele voubiljet noukeuring deur, want dit bevat belangrike inligting vir jou.</b> CARDIOMAX VEGICAPS is beskikbaar sonder 'n voorskrif om ongestelheide self te behandel. Nogtans moet jy die gebruiksaanwysings vir CARDIOMAX VEGICAPS noukeuring volg om die beste resultate te verkry. <ul style="list-style-type: none"> <li>Hou hierdie voubiljet. Jy mag dit dalk weer moet lees.</li> <li>Moet nie CARDIOMAX VEGICAPS met enige ander persoon deel nie.</li> <li>Vra jou apteker indien jy meer inligting of advies nodig het.</li> <li>Raadpleeg jou dokter as jou simptome vererger of nie verbeter nie.</li> </ul>
<b>WHAT CARDIOMAX VEGICAPS CONTAINS</b> The active substance is : Co-enzyme Q10 150mg The other ingredients are: beeswax, carrageenan, dibasic sodium phosphate, glycerol, hydroxypropyl starch, lecithin, soya oil, vegetable oil, iron oxide black and red, purified water.	<b>WAT CARDIOMAX VEGICAPS BEVAT</b> Die aktiewe bestanddele is: Koënsiem Q10 150mg. Die ander bestanddele is: byewas, carrageenan, dibasiese natriumfosfaat, gliserol, hydroxypropiel stylsel, lesitiën, soja-olie, groente-olie, ysteroksied swart en rooi, gesuiwerde water.
<b>WHAT CARDIOMAX VEGICAPS IS USED FOR:</b> CARDIOMAX VEGICAPS contains Co-Enzyme Q10 which is a naturally occurring substance found in the body. CARDIOMAX VEGICAPS is thus used as a supplement in patients who want to add Co-enzyme Q10 to their diet.	<b>WAARVOOR CARDIOMAX VEGICAPS GEBRUIK WORD:</b> CARDIOMAX VEGICAPS bevat Koënsiem Q10 wat natuurlik in die liggaam gevind is. CARDIOMAX vegicaps word dus gebruik as 'n aanvulling by pasiënte wat Koënsiem Q10 by hul dieet wil voeg.
<b>BEFORE YOU TAKE CARDIOMAX VEGICAPS:</b> <b>Do not take CARDIOMAX VEGICAPS</b> <ul style="list-style-type: none"> <li>If you are hypersensitive (allergic) to any of the ingredients.</li> <li>If you are on anticoagulants such as warfarin.</li> </ul> Tell your doctor if you are not sure about any of the above. <b>Take special care with CARDIOMAX VEGICAPS</b> <ul style="list-style-type: none"> <li>If you have a history of allergic reactions.</li> <li>If you are going into surgery stop taking CARDIOMAX VEGICAPS two weeks prior to the procedure.</li> <li>CARDIOMAX VEGICAPS may lower blood pressure which is affected even more if you are already on medication for blood pressure.</li> <li>Smoking depletes the bodystore of coenzyme Q10.</li> </ul> <b>Taking CARDIOMAX VEGICAPS with food and drink:</b> CARDIOMAX VEGICAPS should be taken with food, preferably your main meal of the day. <b>Pregnancy and lactation</b> If you are pregnant or breastfeeding your baby, please consult your doctor, pharmacist or other healthcare professional for advice before taking this medicine. <b>Effects on ability to drive vehicles and use machinery:</b> Not known, see side effects <b>Important information about some of the ingredients in CARDIOMAX VEGICAPS</b> <b>Taking other medicines with CARDIOMAX VEGICAPS:</b> Always tell your healthcare professional if you are taking any other medicine. (This includes complementary or traditional medicines) Tell your doctor if you are taking any other medicine e.g: <ul style="list-style-type: none"> <li>Warfarin</li> <li>Medication for hypertension/ hypotension.</li> </ul>	<b>VOORDAT JY CARDIOMAX VEGICAPS NEEM:</b> <b>Moet nie CARDIOMAX VEGICAPS gebruik</b> <ul style="list-style-type: none"> <li>Indien jy hipersensitief (allergies) is vir enige van die bestanddele.</li> <li>As jy op antikoagulante middels soos Warfarin is.</li> </ul> Raadpleeg jou dokter indien jy nie seker is oor enige van bogenoemde nie. <b>Neem spesiale voorsorg met CARDIOMAX VEGICAPS</b> <ul style="list-style-type: none"> <li>As jy 'n geskiedenis van allergiese reaksies het.</li> <li>As jy 'n operasie gaan hê, staak gebruik van CARDIOMAX vegicaps twee weke voor die prosedure</li> <li>CARDIOMAX vegicaps kan bloeddruk verlaag, dit kan jou bloeddruk meer verlaag indien jy reeds op medikasie vir bloeddruk verlaaging is.</li> <li>Rook kan die liggaam se voorraad van koënsiem Q10 uitput.</li> </ul> <b>Die neem van CARDIOMAX VEGICAPS met kos en drank:</b> CARDIOMAX vegicaps moet met kos geneem word, verkieslik jou hoof maaltyd van die dag. <b>Swangerskap en laktasie</b> <ul style="list-style-type: none"> <li>As jy swanger is of jou baba borsvoed, raadpleeg jou dokter, apteker of ander professionele gesondheidsorgwerker vir advies voordat jy hierdie medisyne neem.</li> </ul> <b>Effek op die vermoë om motor te bestuur en masjinerie te gebruik:</b> Nie bekend, sien newe effekte. <b>Belangrike inligting oor die bestanddele in CARDIOMAX VEGICAPS</b> <b>Gebruik van ander medisyne saam met CARDIOMAX VEGICAPS:</b> Vertel jou professionele gesondheidsorg werker as jy enige ander medisyne gebruik. (insluitend aanvullende of tradisionele medisyne.) Sorg dat jou dokter weet indien jy enige ander medisyne neem by: <ul style="list-style-type: none"> <li>Warfarin</li> <li>Medikasie vir hoë bloeddruk / lae bloeddruk.</li> </ul>
<b>HOW TO TAKE CARDIOMAX VEGICAPS</b> Do not share medicines with any other person. Always take CARDIOMAX VEGICAPS exactly as indicated or as your doctor has instructed you. You should check with your doctor or pharmacist if you are unsure. The usual dose is: one capsule daily with food. Do not take more than the recommended dose. <b>If you take more CARDIOMAX VEGICAPS than you should</b> In the event of overdose, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison control centre. <b>If you forget to take / missed a dose of CARDIOMAX VEGICAPS</b> Take your missed dose when you remember. Do not take a double dose to make up for forgotten individual doses. <b>Effects when treatment with CARDIOMAX VEGICAPS is stopped</b> If taking the dose as indicated, then there should be no adverse effects when stopping use of this medication. <b>POSSIBLE SIDE EFFECTS</b> CARDIOMAX VEGICAPS can have side effects such as nausea, vomiting, diarrhoea, appetite suppression, heartburn, epigastric discomfort and skin lesions, all of which are uncommon. Not all side effects reported for CARDIOMAX VEGICAPS 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 health care professional for advice. If any of the following happens, stop taking CARDIOMAX VEGICAPS and tell your doctor immediately or go to the casualty department at your nearest hospital: <ul style="list-style-type: none"> <li>Spontaneous bleeding.</li> <li>Diarrhoea, nausea, vomiting, lack of muscle tone, and weakness.</li> <li>Increase in blood glucose levels in diabetic patients.</li> </ul> If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.	<b>HOE OM CARDIOMAX VEGICAPS TE NEEM</b> Moet nie jou medisyne met enige ander mense deel nie. Neem CARDIOMAX VEGICAPS altyd soos aangedui of soos deur jou dokter voorgeskryf. Raadpleeg jou dokter of apteker indien jy onseker is. Die normale dosis is: een kapsule daaglik met ete. Moet nie die vasgestelde dosis oorskry nie. <b>As jy meer CARDIOMAX VEGICAPS neem as wat jy behoort te neem</b> In die geval van oordosering, raadpleeg jou dokter of apteker. Indien hulle nie beskikbaar is nie, kontak die naaste hospitaal of gifbeheersentrum. <b>As jy vergeet/nagelaat het om 'n dosis van CARDIOMAX VEGICAPS te neem</b> Neem die oorgeslaande dosis sodra jy onthou daarvan. Moet nie 'n dubbele dosis neem om op te maak vir individuele dosisse wat jy oorgeslaan het nie. <b>Uitwerking na behandeling met CARDIOMAX VEGICAPS gestaak is:</b> Indien die dosis soos aangedui geneem word, sal daar geen newe-effekte wees wanneer die gebruik van CARDIOMAX VEGICAPS gestaak word nie. <b>MOONTLIKE NEWE-EFFEKTE</b> CARDIOMAX VEGICAPS kan die volgende newe-effekte tot gevolg hê: naarheid, braking,diarree, eetlus onderdruk, sooi-brand, epigastriese ongemak en vel uitslag, wat almal ongewoon is. Nie alle newe-effekte aangemeld vir CARDIOMAX VEGICAPS is in hierdie voubiljet ingesluit nie. Indien jou algemene gesondheid verswak of as jy ongewenste effekte ervaar terwyl jy die medisyne gebruik, raadpleeg jou dokter, apteker of ander professionele gesondheidsorgwerker vir advies.Indien enige van die volgende gebeur, staak gebruik van CARDIOMAX VEGICAPS en raadpleeg jou dokter onmiddellik, of gaan na die ongevalle-afdeling van jou naaste hospitaal: <ul style="list-style-type: none"> <li>Spontane bloeding.</li> <li>Diarree, naarheid, braking, 'n gebrek aan spier-tonus, en swakheid.</li> <li>'n Toename in bloedglukosevlakke in diabetiese pasiënte.</li> </ul> As jy enige newe-effekte ondervind wat nie in hierdie voubiljet genoem word nie, laat asseblief jou dokter of apteker weet.
<b>STORING AND DISPOSING OF CARDIOMAX VEGICAPS</b> Store in a cool, dry place at or below 25°C. Store in original packaging until required for use. Do not store in a bathroom. Do not use after the expiry date stated on the label/carton/bottle. Return all unused medicine to your pharmacist. Do not dispose of unused medicine in drains or sewage systems (e.g. toilets). STORE ALL MEDICINES OUT OF THE REACH OF CHILDREN.	<b>HOE OM CARDIOMAX VEGICAPS TE STOOR EN DAARVAN ONTSLAE TE RAAK</b> Hou in 'n koel, droe plek teen of onder 25°C. Bewaar in die oorspronklike verpakking tot voor gebruik. Moet nie in 'n badkamer stoor nie. Moet nie na die vervaldatum op die biljet/karton/bottel gebruik nie. Neem alle ongebruikte medisyne terug na jou apteker. Moet nie ongebruikte medisyne in dreine of rioolstelsels (bv. toilette) weggooi nie. STOOR ALLE MEDISYNE BUITE BEREIK VAN KINDERS.
<b>PRESENTATION OF CARDIOMAX VEGICAPS</b> The capsules are packed in a white plastic screw-top container containing 30 capsules.	<b>AANBIEDING VAN CARDIOMAX VEGICAPS</b> Die kapsules is in 'n wit plastiek oop skroef houer wat 30 kapsules verpak.
<b>IDENTIFICATION OF CARDIOMAX VEGICAPS</b> The capsules are shiny brown and elongated.	<b>IDENTIFIKASIE VAN CARDIOMAX VEGICAPS</b> Bruin ovaalvormige sagte vegikapsules.
<b>REGISTRATION NUMBER</b> Will be allocated by Council upon registration.	<b>REGISTRASIENOMMER</b> Sal toegeken word deur die Raad na afloop van registrasie.
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