PROFESSIONAL INFORMATION
CARDIOMAX VEGICAPS

SCHEDULING STATUS
S0

PROPRIETARY NAME AND DOSAGE FORM
CARDIOMAX VEGICAPS (softgel vegicapsules)

COMPOSITION
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.
Contains no artificial sweeteners.

CATEGORY
Complementary Medicine - Health Supplement.
D34.13 Other.

PHARMACOLOGICAL ACTION
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.
Pharmacodynamic properties
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.
Pharmacokinetic properties
Coenzyme Q10 is absorbed from the small intestine, passes into the lymph, and finally to the blood and tissues.

INDICATIONS
Helps maintain cardiovascular health and helps protect cells from oxidative stress.
Supplementation of Co-enzyme Q10

CONTRAINDICATIONS
Patients with known hypersensitivity to any of the ingredients.
Patients taking warfarin or other anti-coagulant medication.

WARNINGS AND SPECIAL PRECAUTIONS
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.
Special precautions
It is advisable to consult a relevant health-care provider prior to use if taking either blood pressure medication or blood thinners.
Cigarette smoking depletes body stores of coenzyme Q10.
Effects on ability to drive vehicles and use machinery: Not known, see side effects.
Not suitable for children unless under the care of a relevant health-care provider.

INTERACTIONS
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.

PREGNANCY AND LACTATION
Safety during pregnancy and lactation has not yet been established.
Consult your medical practitioner before use.

DOSAGE AND DIRECTIONS FOR USE
Adults - Take one capsule daily. To promote maximum absorption, capsule should be taken with the main meal of the day.

SIDE EFFECTS

Gastrointestinal Less frequent	Nausea, vomiting, diarrhoea, appetite suppression, heartburn, and epigastric discomfort.
Skin Less frequent	Skin eruptions

KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENT
Treatment is symptomatic and supportive.

IDENTIFICATION
Brown oval shaped softgel vegicapsule.

PRESENTATION
Available in packs of 30 vegicaps.

STORAGE INSTRUCTIONS
Store in a cool, dry place at or below 25 ºC
KEEP OUT OF REACH OF CHILDREN.

REGISTRATION NUMBER
Will be allocated by Council upon registration.

NAME AND BUSINESS ADDRESS OF THE HOLDER OF THE CERTIFICATE OF REGISTRATION
Keynote Health (Pty) Ltd
6 Heron park
80 Corobrik Road
Riverhorse Valley
Durban
4017

DATE OF PUBLICATION OF THE PACKAGE INSERT
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This unregistered medicine has not been evaluated by SAHPRA for its quality, safety or intended use.

PROFESSIONELE INLIGTING
CARDIOMAX VEGICAPS

SKEDULERINGSTATUS
S0

HANDELSNAAM EN DOSEERVORM
CARDIOMAX VEGICAPS (sagte vegikapsules)

SAMESTELLING
Elke kapsule bevat: Koënsiem Q10 150 mg (Ubidecarenone)
Onaktiewe bestanddele: byewas, carrageenan, dibasiesse natriumfosfaat, gliserol, hydroxypropiel stysel, lesitien, soja-olie, groente-olie, ysteroksied swart en rooi, gesuiwerde water.
Bevat geen kunsmatige versoeters.

KATEGORIE
Komplementêre Medisyne - Gesondheidsaanvulling.
D34.13 Ander.

FARMAKOLOGIESE WERKING
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.
Farmakodinamiese Eienskappe
Koënsiem Q10 is belangrik in die produksie van adenosientrifosfaat (ATP) gedurende oksidatiewe respirasie. Koënsiem Q10 verhoog plasma vlakke van hoë-digtheid lipoprotein (HDL) cholesterol, vitamien E en vitamien C, en verlaag die vlakke van totale cholesterol, lae digtheid lipoproteien (LDL) cholesterol, en produkte van lipied peroksidasie. Koënsiem Q10 het geen invloed op die cholesterol verlagende effek van statiene nie.
Farmakokinetika eienskappe
Koënsiem Q10 word uit die dunderm geabsorbeer, en vervoer na die limf, en dan uiteindelik na die bloed en weefsel.

INDIKASIES
Help om kardiovaskulêre gesondheid te handhaaf en help om selle teen oxidatiewe stres te beskerm.
Aanvulling van Koënsiem Q10

KONTRA-INDIKASIES
Pasiënte met 'n bekende hipersensitiwiteit vir enige van die bestanddele.
Pasiënte wat Warfarin of ander anti-koagulante medikasie moet neem.

WAARSKUWING EN SPESIALE VOORSORGMAATREELS
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.
Spesiale voorsorgmaatreels
Raadpleeg 'n gesondheidsorg professioneel voor gebruik as jy bloeddruk medikasie of bloedverdunners vat.
Sigaretrook kan die liggaam se koënsiem Q10 store uitput.
Effek op die vermoë om motor te bestuur en masjinerie te gebruik: Nie bekend, sien newe-effekte.
Nie geskik vir kinders tensy onder die sorg van 'n gesondheidsorg professioneel.

INTERAKSIES
Koënsiem Q10 kan bloeddruk verlaag en dalk 'n toevoeglike bloeddruk verlaagings effek hê as dit saam met antihipertensiewe middels gebruik word. Dit kan die antistolterapeutiese effekte van warfarin verminder.

SWANGERSKAP EN LAKTASIE
Veiligheid tydens swangerskap en laktasie is nie vasgestel nie. Raadpleeg jou mediese praktisyn.

DOSIS EN GEBRUIKSAANWYSINGS
Volwassenes - Neem een kapsule daagliks. Om maksimum absorpsie te bevorder, neem die kapsule met die hoof maaltyd van die dag.

NEWE-EFFEKTE

Maag Minder gereeld	Naarheid, braking, diarree, vermindering van eetlus, sooibrand, epigastriese ongemak.
Vel Minder gereeld	Veluitslag

BEKENDE SIMPTOME VAN OORDOSERING EN BESONDERHEDE VIR DIE BEHANDELING DAARVAN
Behandeling is simptomaties en ondersteunend.

IDENTIFIKASIE
Bruin ovaalvormige sagte vegikapsules.

AANBIEDING
Beskikbaar in pakke van 30 vegikapsules.

BERGINGSINSTRUKSIES
Hou in 'n koel, droë plek teen of onder 25 ºC
HOU BUITE BEREIK VAN KINDERS.

REGISTRASIENOMMER
Sal toegeken word deur die Raad na afloop van registrasie.

NAAM EN BESIGHEIDSADRES VAN DIE HOUER VAN DIE REGISTRASIESERTIFIKAAT
Keynote Health (Pty) Ltd
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4017

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V42

PATIENT INFORMATION LEAFLET
CARDIOMAX VEGICAPS

SCHEDULING STATUS
S0

PROPRIETARY NAME AND DOSAGE FORM
CARDIOMAX VEGICAPS (softgel vegicapsules)

Read all of this leaflet carefully because it contains important information for you.
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.
- Keep this leaflet. You may need to read it again.
- Do not share CARDIOMAX VEGICAPS with any other person.
- Ask your pharmacist if you need more information or advice.
- You must see a doctor if your symptoms worsen or do not improve.

WHAT CARDIOMAX VEGICAPS CONTAINS
The active substance is : Co-enzyme Q10 150 mg. The other ingredients are: Beeswax, carrageenan, dibasic sodium phosphate, glycerol, hydroxypropyl starch, lecithin, soya oil, vegetable oil, iron oxide black and red, purified water.

WHAT CARDIOMAX VEGICAPS IS USED FOR:
CARDIOMAX VEGICAPS contains Co-Enzyme Q10 which is a naturally occurring substance found in the body. Co-enzyme Q10 helps maintain cardiovascular health and helps protect cells from oxidative stress.
CARDIOMAX VEGICAPS is used as a supplement in patients who want to add Co-enzyme Q10 to their diet.

BEFORE YOU TAKE CARDIOMAX VEGICAPS:
Do not take CARDIOMAX VEGICAPS
- If you are hypersensitive (allergic) to any of the ingredients.
- If you are on anticoagulants such as warfarin.

Tell your doctor if you are not sure about any of the above.
Take special care with CARDIOMAX VEGICAPS
- If you have a history of allergic reactions.
- If you are going into surgery stop taking CARDIOMAX VEGICAPS two weeks prior to the procedure.
- CARDIOMAX VEGICAPS may lower blood pressure which is affected even more if you are already on medication for blood pressure.
- Smoking depletes the bodystore of coenzyme Q10.

Taking CARDIOMAX VEGICAPS with food and drink:
CARDIOMAX VEGICAPS should be taken with food, preferably your main meal of the day.
Pregnancy and lactation
If you are pregnant or breastfeeding your baby, please consult your doctor, pharmacist or other healthcare professional for advice before taking this medicine.
Effects on ability to drive vehicles and use machinery: Not known, see side effects
Important information about some of the ingredients in CARDIOMAX VEGICAPS
Taking other medicines with CARDIOMAX VEGICAPS:
Always tell your healthcare professional if you are taking any other medicine. (This includes complementary or traditional medicines)
Consult a relevant health-care provider prior to use if taking either blood pressure medication or blood thinners.
Not suitable for children unless under the care of a relevant health-care provider.

HOW TO TAKE CARDIOMAX VEGICAPS
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.
If you take more CARDIOMAX VEGICAPS than you should
In the event of overdosage, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison control centre.
If you forget to take / missed a dose of CARDIOMAX VEGICAPS
Take your missed dose when you remember. Do not take a double dose to make up for forgotten individual doses.
Effects when treatment with CARDIOMAX VEGICAPS is stopped
If taking the dose as indicated, then there should be no adverse effects when stopping use of this medication.
POSSIBLE SIDE EFFECTS
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 symptoms 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:
- Spontaneous bleeding.
- Diarrhoea, nausea, vomiting, lack of muscle tone, and weakness.
- Increase in blood glucose levels in diabetic patients.

If you notice any side effects not mentioned in this leaflet, please inform your doctor or pharmacist.
Consult a relevant health-care provider prior to prolonged use.

STORING AND DISPOSING OF CARDIOMAX VEGICAPS
Store in a cool, dry place at or below 25 ºC. 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.

PRESENTATION OF CARDIOMAX VEGICAPS
The capsules are packed in a white plastic screw-top container containing 30 vegicaps.

IDENTIFICATION OF CARDIOMAX VEGICAPS
The capsules are shiny brown and oval-shaped.

REGISTRATION NUMBER
Will be allocated by Council upon registration.

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PASIËNTINLIGTINGSBLAADJIE
CARDIOMAX VEGICAPS

SKEDULERINGSTATUS
S0

HANDELSNAAM EN DOSEERVORM
CARDIOMAX VEGICAPS (sagte vegikapsules)

Lees die hele voubiljet noukering deur, want dit bevat belangrike inligting vir jou.
CARDIOMAX VEGICAPS is beskikbaar sonder 'n voorskrif om ongestelhede self te behandel. Nogtans moet jy die gebruiksaanwysings vir CARDIOMAX VEGICAPS noukeuring volg om die beste resultate te verkry.
- Hou hierdie voubiljet. Jy mag dit dalk weer moet lees.
- Moet nie CARDIOMAX VEGICAPS met enige ander persoon deel nie.
- Vra jou apteker indien jy meer inligting of advies nodig het.
- Raadpleeg jou dokter as jou simptome vererger of nie verbeter nie.

WAT CARDIOMAX VEGICAPS BEVAT
Die aktiewe bestanddele is: Koënsiem Q10 150 mg. Die ander bestanddele is: Byewas, carrageenan, dibasiesse natriumfosfaat, gliserol, hydroxypropiel stysel, lesitien, soja-olie, groente-olie, ysteroksied swart en rooi, gesuiwerde water.

WAARVOOR CARDIOMAX VEGICAPS GEBRUIK WORD:
CARDIOMAX VEGICAPS bevat Koënsiem Q10 wat natuurlik in die liggaam gevind is. Koënsiem Q10 help om kardiovaskulêre gesondheid te handhaaf en help om selle teen oksidatiewe stres te beskerm.
CARDIOMAX vegicaps word gebruik as 'n aanvulling by pasiënte wat Koënsiem Q10 by hul dieet wil voeg.

VOORDAT JY CARDIOMAX VEGICAPS NEEM:
Moet nie CARDIOMAX VEGICAPS gebruik
- Indien jy hipersensitief (allergies) is vir enige van die bestandele.
- As jy op antikoagulante middels soos Warfarin is.

Raadpleeg jou dokter indien jy nie seker is oor enige van bogenoemde nie.
Neem spesiale voorsorg met CARDIOMAX VEGICAPS
- As jy 'n geskiedenis van allergiese reaksies het.
- As jy 'n operasie gaan hê, staak gebruik van CARDIOMAX vegicaps twee weke voor die prosedure
- CARDIOMAX vegicaps kan bloeddruk verlaag, dit kan jou bloeddruk meer verlaag indien jy reeds op medikasie vir bloeddruk verlaaging is.
- Rook kan die liggaam se vooraad van koënsiem Q10 uitput.

Die neem van CARDIOMAX VEGICAPS met kos en drank:
CARDIOMAX vegicaps moet met kos geneem word, verkieslik jou hoof maaltyd van die dag.
Swangerskap en laktasie
- As jy swanger is of jou baba borsvoed, raadpleeg jou dokter, apteker of ander professionele gesondheidsorgwerker vir advies voordat jy hierdie medisyne neem.

Effek op die vermoë om motor te bestuur en masjinerie te gebruik: Nie bekend, sien newe effekte.
Belangrike inligting oor die bestanddele in CARDIOMAX VEGICAPS
Gebruik van ander medisyne saam met CARDIOMAX VEGICAPS:
Vertel jou professionele gesondheidsorg werker as jy enige ander medisyne gebruik.(insluitend aanvullende of tradisionele medisyne.)
Raadpleeg 'n gesondheidsorg professioneel voor gebruik as jy bloeddruk medikasie of bloedverdunners vat.

HOE OM CARDIOMAX VEGICAPS TE NEEM
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 daagliks met ete. Moet nie die vasgestelde dosis oorskry nie.
As jy meer CARDIOMAX VEGICAPS neem as wat jy behoort te neem
In die geval van oordosering, raadpleeg jou dokter of apteker. Indien hulle nie beskikbaar is nie, kontak die naaste hospitaal of gifbeheersentrum.
As jy vergeet/nagelaat het om 'n dosis van CARDIOMAX VEGICAPS te neem
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.
Uitwerking na behandeling met CARDIOMAX VEGICAPS gestaak is: Indien die dosis soos aangedui geneem word, sal daar geen newe-effekte wees wanneer die gebruik van CARDIOMAX VEGICAPS gestaak word nie.
MOONTLIKE NEWE-EFFEKTE
CARDIOMAX VEGICAPS kan die volgende newe-effekte tot gevolg hê: naarheid, braking,diarree, eetlus onderdruk, sooibrand, 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 simptome vergerger of as jy ongewenste effekte ervaar terwyl jy die medisyne gebruik, raadpleg 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:
- Spontane bloeding.
- Diarree, naarheid, braking, 'n gebrek aan spiertonus, en swakheid.
- 'n Toename in bloedglukosevlakke in diabetiese pasiënte.

As jy enige newe-effekte ondervind wat nie in hierdie voubiljet genoem word nie, laat asseblief jou dokter of apteker weet.
Raadpleeg 'n gesondheidsorg professioneel vir langdurige gebruik.
Nie geskik vir kinders tensy onder die sorg van 'n gesondheids sorg professioneel.

HOE OM CARDIOMAX VEGICAPS TE STOOR EN DAARVAN ONTSLAE TE RAAK
Hou in 'n koel, droe plek teen of onder 25 ºC. 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.

AANBIEDING VAN CARDIOMAX VEGICAPS
Die kapsules is in 'n wit plastiek oop skroef houer wat 30 vegikapsules verpak.

IDENTIFIKASIE VAN CARDIOMAX VEGICAPS
Bruin ovaalvormige sagte vegikapsules.

REGISTRASIENOMMER
Sal toegeken word deur die Raad na afloop van registrasie.

NAAM EN BESIGHEIDSADRES VAN DIE HOUER VAN DIE REGISTRASIESERTIFIKAAT
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