

PROFESSIONAL INFORMATION

SCHEDULING STATUS

To be assigned

PROPRIETARY NAME AND DOSAGE FORM

VasQ10 Capsules

COMPOSITION

VasQ10 Capsules are comprised of:

Each White Co-Enzyme Q10 & Magnesium Combination Capsule contains	
Co-Enzyme Q10 (as Ubidecarenone)	150 mg
Magnesium (derived from Magnesium oxide)	150 mg
Vitamin D3 (as Cholecalciferol)	1 000 IU

Excipients: hard-gel vegetable capsule, magnesium stearate (vegetable), maize starch, silicon dioxide

PHARMACOLOGICAL CLASSIFICATION

Complementary Medicine: Health Supplement
34.12 Multiple substance formulation

PHARMACOLOGICAL ACTION

Pharmacodynamics:

Co-Enzyme Q10: Co-Enzyme Q10 is involved in electron transport and supports synthesis of adenosine triphosphate (ATP) in the mitochondrial membrane and thus plays a vital role in intracellular energy production. It is a fat-soluble anti-oxidant that helps to stabilise cell membranes, preserving cellular integrity and function. It also helps to regenerate Vitamin E to its anti-oxidant form. It has immune-stimulant activity.

Magnesium: Magnesium is an essential cofactor for enzymes requiring adenosine triphosphate (ATP) (these are involved in glycolysis, fatty acid oxidation and amino acid metabolism). It is also required for the synthesis of ribonucleic acid (RNA) and replication of deoxyribonucleic acid (DNA); neuromuscular transmission; and calcium metabolism.

Vitamin D: Vitamin D is essential for promoting the absorption and utilisation of calcium and phosphorus and normal calcification of the skeleton. Along with parathyroid hormone (PTH) and calcitonin, it regulates serum calcium concentration by altering serum calcium and phosphate blood levels as needed, and mobilising calcium from bone. It maintains neuromuscular function and various other cellular processes, including the immune system and insulin production.

INDICATIONS

Helps to maintain and support cardiovascular health.

CONTRAINDICATIONS

Hypersensitivity to any of the ingredients, including excipients.

VasQ10 should not be used by persons suffering from:

- conditions associated with hypercalcaemia and hypercalciuria, and in renal impairment (chronic);
- renal osteodystrophy with hyperphosphataemia (risk of metastatic calcification).

WARNINGS AND SPECIAL PRECAUTIONS

Take 2 hours before or after taking other medications.

The indicated daily dose should not be exceeded.

Consult your healthcare practitioner prior to use if you are pregnant or breastfeeding.

Consult your healthcare practitioner prior to use if you are taking blood pressure medication or blood thinners.

INTERACTIONS

Always check with your Doctor or Pharmacist before taking any medicines if you are pregnant or breastfeeding.

Calcitonin: effect of calcitonin may be antagonised by vitamin D.

Digoxin: caution because hypercalcaemia caused by vitamin D may potentiate effects of digoxin, resulting in cardiac arrhythmias.

4-Quinolones: magnesium may reduce absorption of 4-quinolones.

Statins: reduce endogenous synthesis of Co-Enzyme Q10.

Tetracyclines: magnesium may reduce absorption of tetracyclines.

Thiazide diuretics: vitamin D may increase risk of hypercalcaemia.

Vitamin D analogues (alfacalcidol, calcitriol, dihydrotachysterol): increased risk of toxicity with vitamin D supplements.

PREGNANCY AND LACTATION

If you are pregnant or breastfeeding, consult a healthcare practitioner prior to use.

DOSAGE AND DIRECTIONS FOR USE

For oral use.

Take one White Co-Enzyme Q10 & Magnesium Capsule with Dinner.

Take 2 hours before or after taking other medications.

SIDE EFFECTS

Some people (as a rare exception) may experience gastrointestinal discomfort (such as diarrhoea).

KNOWN SYMPTOMS OF OVERDOSAGE AND PARTICULARS OF ITS TREATMENT

Vitamin D could (in exceptional circumstances) cause toxicity; the margin of safety is very narrow. There is a wide variation in tolerance to vitamin D.

Excessive intake leads to hypercalcaemia and its associated effects. These include apathy, anorexia, constipation, diarrhoea, dry mouth, fatigue, headache, nausea and vomiting, thirst and weakness.

Later symptoms are often associated with calcification of soft tissues and include bone pain, cardiac arrhythmias, hypertension, renal damage (increased urinary frequency, decreased urinary concentrating ability; nocturia, proteinuria), psychosis (rare) and weight loss.

If an overdose is suspected, the medicine should be stopped immediately.

IDENTIFICATION

White Co-Enzyme Q10 & Magnesium Combination Capsules

PRESENTATION

A cardboard carton containing blister strips of 30 White Co-Enzyme Q10 & Magnesium Combination Capsules.

STORAGE INSTRUCTIONS

Store at or below 25 °C.

Protect from light and moisture.

Keep the blister strips in the outer carton.

KEEP OUT OF REACH OF CHILDREN

REGISTRATION NUMBER

To be assigned

NAME AND BUSINESS ADDRESS OF THE HOLDER OF THE CERTIFICATE OF REGISTRATION

AnaStellar Brands (Pty) Ltd
Boskruin Business Park, Unit 15, North Wing, Ground Floor,
Bosbok Road, Randpark Ridge, 2169, Gauteng,
Republic of South Africa
+27 (0)11 792 4601

DATE OF PUBLICATION OF THE PACKAGE INSERT

October 2017

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

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS

To be assigned

PROPRIETARY NAME, STRENGTH AND PHARMACEUTICAL FORM

VasQ10 Capsules

Read all of this leaflet carefully before you start taking VasQ10

VasQ10 is available without a doctor's prescription, for you to treat a mild condition. Nevertheless, you still need to use VasQ10 carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share VasQ10 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 VasQ10 CONTAINS

VasQ10 Capsules are comprised of:

Each White Co-Enzyme Q10 & Magnesium Combination Capsule contains	
Co-Enzyme Q10 (as Ubidecarenone)	150 mg
Magnesium (derived from Magnesium oxide)	150 mg
Vitamin D3 (as Cholecalciferol)	1 000 IU

The other ingredients are hard-gel vegetable capsule, magnesium stearate (vegetable), maize starch, silicon dioxide

WHAT VasQ10 IS USED FOR

Helps to maintain and support cardiovascular health.

BEFORE YOU TAKE VasQ10

Do not take VasQ10 if:

- Hypersensitive (allergic) to any of the ingredients of VasQ10.
- You suffer from chronic kidney disease or if you have high levels of calcium in either your blood or urine.
- You suffer from renal osteodystrophy with hyperphosphataemia (a bone disease caused by incorrect functioning of the kidneys).

Take special care with VasQ10:

Take 2 hours before or after taking any other medication.

Do not take more than the recommended dose.

Inform your healthcare practitioner before using this medicine if:

You are taking blood thinners or blood pressure medication.

Taking VasQ10 with food and drink:

VasQ10 should be taken with food.

Pregnancy and breastfeeding:

Tell your healthcare practitioner if you are pregnant or breastfeeding before using this medicine.

Taking other medicines with VasQ10:

Always tell your healthcare professional if you are taking any other medicine. This includes complementary or traditional medicines.

Calcitonin (a hormone): effect of calcitonin may be antagonised by vitamin D.

Digoxin (a medicine used to treat heart failure): caution because hypercalcaemia caused by vitamin D may potentiate effects of digoxin, resulting in cardiac arrhythmias.

4-Quinolones (a group of antibiotics): magnesium may reduce absorption of 4-quinolones.

Statins: reduce endogenous synthesis of Co-Enzyme Q10.

Tetracyclines (a type of antibiotic): magnesium may reduce absorption of tetracyclines.

Thiazide diuretics (a medicine used to treat high blood pressure and water retention/swelling): vitamin D may increase risk of hypercalcaemia.

Vitamin D analogues (alfacalcidol, calcitriol, dihydrotachysterol): increased risk of toxicity with vitamin D supplements.

HOW TO TAKE VasQ10

Do not share medicines with any other person.

You should check with your doctor or pharmacist if you are unsure on how to use VasQ10.

The usual dose is one white capsule in the evening with dinner.

Take 2 hours before or after taking other medications.

VasQ10 should be taken daily for as long as your Healthcare Professional indicates for you to use it for.

If you take more VasQ10 than you should:

In the event of an overdose, consult your doctor or pharmacist.

If neither is available, contact the nearest hospital or poison control centre.

If you missed a dose of VasQ10:

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

POSSIBLE SIDE EFFECTS

VasQ10 can have side effects.

Not all side effects reported for VasQ10 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.

You may experience (in exceptional circumstances) nausea, diarrhoea, constipation, indigestion, bloating and flatulence while taking VasQ10.

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

STORING AND DISPOSING OF VasQ10

Store all medicines out of reach of children.

Store at or below 25 °C.

Protect from light and moisture.

Keep the blister strips in the outer carton.

Return all unused medicine to your pharmacist.

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

PRESENTATION OF VasQ10

A cardboard carton containing blister strips of 30 White Co-Enzyme Q10 & Magnesium Combination Capsules.

IDENTIFICATION OF VasQ10

White Co-Enzyme Q10 & Magnesium Combination Capsules

REGISTRATION NUMBER

To be assigned

NAME AND ADDRESS OF REGISTRATION HOLDER

AnaStellar Brands (Pty) Ltd
Boskruin Business Park, Unit 15, North Wing, Ground Floor,
Bosbok Road, Randpark Ridge, 2169, Gauteng,
Republic of South Africa
+27 (0)11 792 4601

DATE OF PUBLICATION

October 2017

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PROFESIONELE INLIGTING

SKEDULERINGSSTATUS

Moet toegeken word

EIENDOMSNAAM EN DOSERINGSVORM

VasQ10 Kapsules

SAMESTELLING

VasQ10 Kapsules bestaan uit:

Elke Wit Ko-Ensiem Q-10 & Magnesium Kombinasiekapsule bevat	
Ko-Ensiem Q10 (as Ubidekarenoon)	150 mg
Magnesium (verkry van Magnesiumoksied)	150 mg
Vitamiën D3 (as Cholekalsiferol)	1 000 IE

Bindmiddels: harde-jel plant-kapsule, magnesiumstearaat (plant), mieliestysel, silikondioksied

FARMAKOLOGIESE KLASSIFIKASIE

Aanvullende Medisyne: Gesondheidsaanvulling
34.12 Multistof-formulering

FARMAKOLOGIESE WERKING

Farmakodinamika:

Ko-Ensiem Q10: Ko-Ensiem Q10 is by elektronvervoer betrokke en ondersteun sintese van adenosientrifosfaat (ATP) in die mitochondriese membraan en speel dus 'n uiters noodsaaklike rol in intrasellulêre energieproduksie. Dit is 'n vetoplosbare antioksidant en help om selmembrane te stabiliseer, wat sellulêre integriteit en funksie bewaar. Dit help ook om Vitamiën E tot sy antioksidantvorm te regeneer. Dit het immunostimulant-aktiwiteit.

Magnesium: Magnesium is 'n essensiële kofaktor vir ensieme wat adenosientrifosfaat (ATP) nodig het (hulle is betrokke by glikolise, vetsuuroksidasie en aminosuurmetsolisme). Dit is ook nodig vir die sintese van ribonukleïensuur (RNA) en replikasie van deoksiribonukleïensuur (DNA); neuromuskulêre oordrag; en kalsiummetabolisme.

Vitamiën D: Vitamiën D is noodsaaklik om die opname en benutting van kalsium en fosfor en normale kalsifisering van die skelet te bevorder. Saam met paratiroïedhormoon (PTH) en kalsitonien reguleer dit serumkalsiumkonsentrasie deur serumkalsium- en fosfaat-bloedvlakke te wysig soos nodig, en kalsium uit been te mobiliseer. Dit hou neuromuskulêre funksie en verskeie ander sellulêre prosesse in stand, insluitend die immunstelsel en insulienproduksie.

INDIKASIES

Help om kardiovaskulêre gesondheid in stand te hou en te ondersteun.

KONTRA-INDIKASIES

Hipersensitiwiteit vir enige van die bestanddele, insluitend bindmiddels.

VasQ10 moet nie gebruik word deur persone wat ly aan:

- aandoenings geassosieer met hiperkalsemie en hiperkalsiurie, ook nie by nierontoereikendheid nie (chronies);
- nier-osteodistrofie met hiperfosfatemie (risiko van metastatiese kalsifisering).

WAARSKUWINGS EN SPESIALE VOORSORG

Neem 2 uur voor of na jy ander medikasies neem.

Die aangeduide daaglikse dosis moet nie oorskry word nie.

Raadpleeg jou gesondheidspraktisyn voor gebruik as jy swanger is of borsvoed.

Raadpleeg jou gesondheidspraktisyn voor gebruik as jy bloeddrukmedikasie of bloedverdunners neem.

INTERAKSIES

As jy swanger is of borsvoed, raadpleeg altyd eers jou Dokter of Apteker voordat jy enige medisyne neem.

Kalsitonien: die effek van kalsitonien mag deur vitamien D teengewerk word.

Digoksien: versigtig, want hoë kalsiumvlakke wat die gevolg van vitamien D is, mag die uitwerkings van digoksien verhoog, wat kardiaal aritmieë tot gevolg kan hê.

4-Kinolone: magnesium mag die opname van 4-kinolone verminder.

Statiene: verminder endogene sintese van Ko-Ensiem Q10.

Tetrasikliene: magnesium mag die opname van tetrasikliene verminder.

Tiasieddiuretika: vitamien D mag die risiko van hiperkalsemie verhoog.

Vitamiën D analoë (alfakalsidol, kalsitriol, dihidrotagisterol): verhoogde risiko van toksisiteit met vitamien D aanvullings.

SWANGERSKAP EN LAKTASIE

As jy swanger is of borsvoed, raadpleeg 'n gesondheidspraktisyn voor gebruik.

DOSERING EN GEBRUIKSAANWYSINGS

Vir mondelike gebruik.

Neem een Wit Ko-Ensiem Q10 & Magnesium Kombinasiekapsule met Aandete.

Neem 2 uur voor of na jy ander medikasies neem.

NEWE-EFFEKTE

Sommige persone (as 'n seldsame uitsondering) mag gastrointestinale ongemak (soos diarree) ervaar.

BEKENDE SIMPTOME VAN OORDOSERING EN BESONDERHEDE OOR DIE BEHANDELING DAARVAN

Vitamiën D kan (in buitengewone gevalle) toksisiteit veroorsaak, die veiligheidsgrens is baie gering. Daar bestaan 'n wye verskil in verdraagsaamheid vir vitamien D. Oormatige inname lei tot hiperkalsemie en die gepaardgaande uitwerkings.

Dit sluit lusteloosheid, anoreksie, hardlywigheid, diarree, droë mond, uitputting, hoofpyn, naarheid en braking, dors en swakheid in.

Latere simptome is dikwels met kalsifisering van sagteweefels geassosieer en sluit in beenpyn, hartritimestoornis, hipertensie, nierskade (verhoogde urineringsfrekwensie, verminderde urienkonsentrasievermoë; nokturie, proteïenuurie), psigose (seldsaam) en gewigsverlies.

As 'n oordosis vermoed word, moet die middel dadelik gestaak word.

IDENTIFIKASIE

Wit Ko-Ensiem Q10 & Magnesium Kombinasiekapsules

AANBIEDING

'n Kartonhouer wat stulpverpakkingstroke met 30 Wit Ko-Ensiem Q10 & Magnesium Kombinasiekapsules bevat.

BERGINGSAAANWYSINGS

Bewaar teen 25 °C of benede.

Beskerm teen lig en vog.

Hou die stulpverpakkingstroke in die buitenste karton.

HOU BUITE DIE BEREIK VAN KINDERS

REGISTRASIONOMMER

Moet toegeken word

NAAM EN BESIGHEIDSDRES VAN DIE HOUER VAN DIE REGISTRASIESERTIFIKAAT

AnaStellar Brands (Edms) Bpk

Boskruin Business Park, Eenheid 15, Noordelike Vleuel, Grondverdieping,

Bosbokweg, Randpark Ridge, 2169, Gauteng,

Republiek van Suid-Afrika

+27 (0)11 792 4601

DATUM VAN PUBLIKASIE VAN DIE VOUBILJET

Oktober 2017

Hierdie ongeregistreerde medisyne is nie deur die SAHPRA vir sy gehalte, veiligheid of beoogde gebruik geëvalueer nie.

PASIËNT-INLIGTINGSPAMFLET

SKEDULERINGSSTATUS

Moet toegeken word

EIENDOMSNAAM, STERKTE EN FARMASEUTIESE VORM

VasQ10 Kapsules

Lees hierdie hele pamflet sorgvuldig voordat jy VasQ10 begin neem

VasQ10 is verkrygbaar sonder 'n doktersvoorskrif, sodat jy 'n ligte toestand kan behandel. Nógians moet jy VasQ10 steeds versigtig gebruik om die beste resultate daaruit te kry.

- Hou hierdie pamflet. Dit mag nodig wees om hom weer te lees.
- Moenie VasQ10 met 'n ander persoon deel nie.
- Vra jou apteker as jy meer inligting of advies nodig het.
- Raadpleeg 'n dokter as jou simptome erger word of nie verbeter nie.

WAT VasQ10 BEVAT

VasQ10 Kapsules bestaan uit:

Elke Wit Ko-Ensiem Q-10 & Magnesium Kombinasiekapsule bevat	
Ko-Ensiem Q10 (as Ubidekarenoon)	150 mg
Magnesium (verkry van Magnesiumoksied)	150 mg
Vitamiën D3 (as Cholekalsiferol)	1 000 IE

Die ander bestanddele is harde-jel plant-kapsule, magnesiumstearaat (plant), meliëstysel, silikondioksied

WAARVOOR VasQ10 GEBRUIK WORD

Help om kardiovaskulêre gesondheid in stand te hou en te ondersteun.

VOORDAT JY VasQ10 NEEM

Moet nie VasQ10 neem indien:

- Jy hipersensitief (allergies) vir enige van die bestanddele van VasQ10 is.
- Jy chroniese niersiekte het of hoë kalsiumvlakke in jou bloed of urine het.
- Jy aan nier-osteodistrofie met hiperfosfatemie ly ('n beensiekte wat ontstaan wanneer die niere nie reg werk nie).

Wees bedagsaam wanneer jy VasQ10 neem:

Neem VasQ10 2 uur voor of nadat jy ander medikasie neem.

Moenie meer as die aanbevole dosis neem nie.

Voordat jy hierdie medisyne gebruik, sê vir jou gesondheidspraktisyn indien:

Jy bloedverduiners of bloeddrukmedikasie neem.

VasQ10 saam met kos en drank:

VasQ10 moet saam met kos geneem word.

Swangerskap en borsvoeding:

Sê vir jou gesondheidspraktisyn as jy swanger is of borsvoed voordat jy hierdie medisyne neem.

Ander medisyne saam met VasQ10:

Sê altyd vir jou gesondheidskundige as jy enige ander medisyne neem. Dit sluit gesondheidsaanvullings of tradisionele medisyne in.

Kalsionien ('n *hormoon*): die effek van kalsionien mag deur vitamien D teengewerk word.

Digoksien ('n *middel om hartversaking te behandel*): versigtig, want hoë kalsiumvlakke wat die gevolg van vitamien D is, mag die uitwerkings van digoksien verhoog, wat kardiaale aritmieë (abnormale hartritme) tot gevolg kan hê.

4-Kinolone ('n *groep antibiotika*): magnesium mag die opname van 4-kinolone verminder.

Statiene: verminder endogene sintese van Ko-Ensiem Q10.

Tetrasikliene ('n *tipe antibiotikum*): magnesium mag die opname van tetrasikliene verminder.

Tiasieddiuretika (*medisyne wat gebruik word om hoë bloeddruk en waterretensie/swelsel te behandel*): vitamien D mag die risiko van hiperkalsemie verhoog.

Vitamiën D analoë (*alfakalsidol, kalsitriol, dihidrotagisterol*): verhoogde risiko van toksisiteit met vitamien D aanvullings.

HOE OM VasQ10 TE NEEM

Moenie medisyne met iemand anders deel nie.

As jy onseker is oor hoe om VasQ10 te gebruik, bespreek dit gerus met jou dokter of apteker.

Die gewone dosis is een wit kapsule in die aand met aandete. Neem 2 uur voor of nadat jy ander medikasies neem.

VasQ10 moet elke dag geneem word vir so lank as wat jou gesondheidskundige jou aangesê het om dit te gebruik.

As jy meer VasQ10 neem as wat jy behoort:

In die geval van 'n oordosis, kontak jou dokter of apteker.

As nie een beskikbaar is nie, kontak die naaste hospitaal of gifbeheersentrum.

As jy 'n VasQ10 dosis oorgeslaan het:

Moenie 'n dubbeldosis neem om vir die vergete individuele dosis op te maak nie.

MOONTLIKE NEWE-EFFEKTE

VasQ10 kan newe-effekte hê.

Nie alle newe-effekte wat vir VasQ10 vermeld is, is in hierdie pamflet ingesluit nie. As jou algemene gesondheid sou versleg of as jy enige ongewenste uitwerkings ondervind terwyl jy hierdie middel neem, raadpleeg asseblief jou dokter, apteker of ander gesondheidskundige vir professionele advies.

Jy mag (in uitsonderlike gevalle) naarheid, diarree, hardlywigheid, slegte spysvertering, opgeblaasde maag en winnerigheid ervaar terwyl jy VasQ10 neem.

As jy enige newe-effekte ondervind wat nie in hierdie pamflet genoem word nie, sê asseblief vir jou dokter of apteker daarvan.

BEWARING EN WEGGOOI VAN VasQ10

Hou alle medisyne buite kinders se bereik.

Bewaar teen 25 °C of benede.

Beskerm teen lig en vog.

Hou die stulpverpakkingstrokke in die buitenste karton.

Neem alle ongebruikte medisyne terug na jou apteker.

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

AANBIEDING VAN VasQ10

'n Kartonhouer wat stulpverpakkingstrokke met 30 Wit Ko-Ensiem Q10 & Magnesium Kombinasiekapsules bevat.

IDENTIFIKASIE VAN VasQ10

Wit Ko-Ensiem Q10 & Magnesium Kombinasiekapsules

REGISTRASIENOMMER

Moet toegeken word

NAAM EN ADRES VAN DIE REGISTRASIEHOUER

AnaStellar Brands (Edms) Bpk
Boskruin Business Park, Eenheid 15, Noordelike Vleuel, Grondverdieping,
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