

VasQ10® 30 and 90 Vegetarian Capsules

PROFESSIONAL INFORMATION

Complementary Medicine – Health Supplement

SCHEDULING STATUS

To be assigned

1. NAME OF THE MEDICINE

VasQ10® Hard Shell Vegetarian Capsules

2. QUALITATIVE AND QUANTITATIVE COMPOSITION

Each White Capsule contains:

Coenzyme Q10 derived from Ubidecarenone 150 mg	150	mg
Magnesium derived from Magnesium Oxide 249 mg	150	mg
Vitamin D3 derived from Cholecalciferol 10 mg	1 000	IU

All minerals are expressed in their elemental and non-elemental form.
Hard Capsule Shell of Vegetarian Origin.

Suitable for use by Vegetarians.

Sucrose, Lactose, Gluten and Tartrazine Free.

For full list of excipients, see section 6.1.

3. PHARMACEUTICAL FORM

Size 0 Hard Shell Vegetarian Capsules.

Each Vegecap has a White body and White cap filled with a Yellow coloured powder.

4. CLINICAL PARTICULARS

4.1 Therapeutic indications

VasQ10® is a health supplement intended to maintain and support Cardiovascular Health in adults.

4.2 Posology and method of administration

For oral use.

Take one White Hard Shell Vegetarian Capsule at Night with Dinner.

Take 2 hours before or after taking other medications or natural health products.

4.3 Contraindications

Do not use if you have a hypersensitivity to any of the ingredients, including the excipients listed in section 6.1.

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).

4.4 Special warnings and precautions for use

Consult your healthcare professional if:

- you are Pregnant or Breastfeeding;
- you are taking blood thinners or blood pressure medication.

High dose Vitamin D may increase the risk of hypercalcaemia.

Not suitable for children below the age of 18 years (due to the Coenzyme Q10 content) unless under the direct supervision of a qualified healthcare professional.

4.5 Interactions with other medicines

Calcitonin (a hormone): 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 if not given 2 hours apart.

Thiazide diuretics: may increase excretion of Magnesium, and Vitamin D may increase risk of hypercalcaemia.

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

4.6 Fertility, Pregnancy and Breastfeeding

Always check with your doctor or pharmacist before taking any medicines if you are planning to have a baby, pregnant or breastfeeding.

The ingredients as contained in VasQ10® are commonly included in pregnancy products.

4.7 Effects on ability to drive and use of machines

None.

4.8 Undesirable effects

Organ System	Less Frequent
Gastrointestinal discomfort	Nausea, diarrhoea, constipation, indigestion, bloating and flatulence

Reporting of suspected adverse reactions:

If you experience any adverse reactions not mentioned in this leaflet, report it to AnaStellar Brands (Pty) Ltd. via pharmacist@anastellar.co.za, (011) 792 4601 or <https://anastellar.co.za>.

4.9 Overdose

Treatment of overdose should be symptomatic and supportive.

5. PHARMACOLOGICAL PROPERTIES

5.1 Pharmacodynamic properties

Coenzyme Q10: Coenzyme 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 Antioxidant that helps to stabilise cell membranes, preserving cellular integrity, and function. It also helps to regenerate Vitamin E to its antioxidant form.

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 immune system and insulin production.

6. PHARMACEUTICAL PARTICULARS

6.1 List of excipients

Magnesium Stearate
Maize Starch
Microcrystalline Cellulose
Pirosil

6.2 Incompatibilities

None.

6.3 Shelf life

2 years.

6.4 Special precautions for storage

Store at or below 25 °C.
Protect from light and moisture.
Keep the blister strips in the outer carton until required for use.
KEEP OUT OF REACH OF CHILDREN.

6.5 Nature and contents of container

VasQ10® is available in a pack of 30 and 90 White Hard Shell Vegetarian Capsules.
10 x Size 0 White Hard Shell Vegetarian Capsules contained in each PVC/PVDC/Aluminium blister strip.

Packed product:

Pack of 30's

3 x PVC/PVDC/Aluminium blister strips enclosed within a cardboard carton.
Pack size of 30 x White Vegetarian Hard Shell Capsules.
Unit Carton with 1 x Tamper Proof Seal on each side of the lid openings.

Pack of 90's

9 x PVC/PVDC/Aluminium blister strips enclosed within a cardboard carton.
Pack size of 90 x White Vegetarian Hard Shell Capsules.
Unit Carton with 1 x Tamper Proof Seal on each side of the lid openings.

6.6 Special precautions for disposal

No special requirements.

7. Holder of Certificate of Registration

AnaStellar Brands (Pty) Ltd.
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2032
South Africa
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8. Registration number

To be assigned

9. Date of first authorisation

TBC

10. Date of revision of the text

October 2024

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