

My-Q Leaflet

SIZE: 100 X 254 mm

Last Date: 22-09-25

MY-Q¹⁰⁰mg Coenzyme Q10 Softgel

مائی۔کیو۔۱۰
مکرام

COMPOSITION

Each Softgel Capsule Contains:
Coenzyme Q10 (USP) 100mg
(USP Specs.)

DESCRIPTION:

MY-Q Softgel Capsule contains Coenzyme Q10 (CoQ10), a natural, fat-soluble substance that helps the body produce energy and fight oxidative stress. It is found in almost all cells, especially in the heart, brain, liver, and kidneys.

ROLE OF INGREDIENT

CoQ10 supports the production of ATP, the main energy source for cells, and works as an antioxidant to protect cells from damage. It helps maintain overall cell health and energy levels.

HOW IT WORKS?

The primary role of CoQ10 is as a vital intermediate of the electron transport system in the mitochondria. Adequate amounts of CoQ10 are necessary for cellular respiration and ATP production. Due to its involvement in ATP synthesis, CoQ10 affects the function of all cells in the body, making it essential for the health of all tissues and organs. CoQ10 also functions as an intercellular antioxidant at the mitochondrial level.

INDICATIONS

Energy Production: CoQ10 is a vital component of the mitochondrial electron transport chain, helping generate ATP, the body's primary energy currency.

Antioxidant Protection: Neutralizes free radicals and reduces oxidative stress, which plays a role in aging and chronic diseases.

Supports Heart Health: Improves myocardial energy production. Beneficial in heart failure, ischemic heart disease, and hypertension.

Regulates Blood Pressure: Enhances endothelial function and nitric oxide (NO) bioavailability, leading to vasodilation and better blood pressure control.

Neuroprotective Role: Slow progression of neurodegenerative diseases (e.g., Parkinson's, Alzheimer's) by reducing oxidative damage to neurons.

Diabetes Management: Improves insulin sensitivity and decreases oxidative stress in diabetics, supporting better glucose control.

Migraine Prevention: Supplementation has shown benefit in reducing migraine frequency and severity, likely by stabilizing mitochondrial energy metabolism.

Male Fertility: Improves sperm motility and count by reducing oxidative stress and improving mitochondrial energy in sperm cells.

DOSAGE

Congestive Heart Failure (CHF):	100–200 mg/day (in divided doses)
Hypertension (High BP):	100–200 mg/day
Diabetic Neuropathy:	200–300 mg/day
Type 2 Diabetes Mellitus:	100–200 mg/day
Male Infertility:	100–300 mg/day
Fibromyalgia:	100–300 mg/day
Muscular Dystrophy:	200–400 mg/day
Mitochondrial Disorders:	150–300 mg/day
Macular Degeneration (Age-Related Vision Loss):	100–200 mg/day
General Antioxidant / Aging Support:	100 mg once daily

WARNINGS AND PRECAUTIONS:

Pregnancy & Breastfeeding: Use only if advised by a doctor.

Before Surgery: Stop using 2 weeks before any planned surgery, as it may affect blood pressure or bleeding.

Blood Thinners: Use with caution if the patient is taking blood thinners like warfarin or aspirin.

Children: Use in children only under a doctor's supervision.

Allergy Risk: Rarely, it may cause mild allergic reactions like rash or stomach upset. Stop use if symptoms appear.

SIDE EFFECTS:

CoQ10 is generally well tolerated, but in some cases, mild side effects may occur:

Nausea or upset stomach, Loss of appetite, Mild skin rash or itching.

DRUG INTERACTION:

Warfarin: CoQ10 may reduce anticoagulant efficacy; monitor INR closely.

Chemotherapy (e.g., Doxorubicin): May reduce toxicity; consult oncology before use.

Beta-Blockers (e.g., Metoprolol): May reduce CoQ10 levels — consider supplementation.

OVERDOSAGE:

CoQ10 is generally considered safe and well tolerated, even at higher doses. However, taking very high doses (above 1200 mg/day) may increase the risk of side effects.

INSTRUCTIONS:

Protect from light, heat and moisture.

Store below 25°C.

Keep out of the reach of children.

HOW SUPPLIED:

Available in 20 softgels in a pack.

ہدایت: ۲۵ ڈگری سینٹی گریڈ سے کم درجہ حرارت پر رکھیں۔

دھوپ اور گرمی سے بچائیں۔ بچوں کی پہنچ سے دور رکھیں۔

C.E & P.E. No. : 0090.0018

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