Q10 Coenzyme Q10

Presentation

Q10 30mg Capsule: Each Liquid filled Hard Gelatin Capsule contains Coenzyme Q10 USP 30 mg.

Q10 60mg Capsule: Each Liquid filled Hard Gelatin Capsule contains Coenzyme Q10 USP 60 mg.

Pharmacodynamic Properties

Coenzyme Q10 is an essential cofactor in the mitochondrial electron transport chain, where it accepts electrons from complex I and II, an activity that is vital for the production of ATP.

Pharmacokinetic Properties

Absorption: Coenzyme Q10 is absorbed from the small intestine into the lymphatics; from there it enters into the blood.

Distribution: Coenzyme Q10 is distributed to the various tissues of the body and is able to enter into the brain.

Metabolism: Coenzyme Q10 is metabolized in all tissues in the body.

Excretion: The main elimination of Coenzyme Q10 occurs via bile. Over 60% of an oral dose is excreted in the feces.

Indications

Q10 is indicated for:

- HMG CoA reductase inhibitor mediated decreased level of Coenzyme Q10 in blood
- Drug induced Myopathy
- Protects body against free radial damage with its antioxidant property
- Adjuvant therapy in cardiovascular disease especially in angina and congestive heart failure
- Immune system depression
- Cognitive decline
- Useful in the management of Periodontal Disease

Dosage and Administration

Daily doses of Coenzyme Q10 range from 5 to 300 milligrams. Effectiveness is thought to be obtained with doses of 50 to 200 milligrams daily.

Contraindications

Not known

Side Effects

Generally, Coenzyme Q10 is well tolerated and having no significant side effects. Mild gastro intestinal symptoms such as nausea, diarrhea and epigastric distress have been reported, particularly with higher doses (200 mg or more daily).

Precautions

Supplemental Coenzyme Q10 may improve beta-cell function and glycemic control in type II diabetics. Therefore, those diabetics who do use supplemental Coenzyme Q10 should determine by appropriate monitoring if they need to make any adjustments in their diabetic medications.

Drug Interactions

Warfarin: Supplemental Coenzyme Q10 may decrease the effectiveness of Warfarin.

Statins: The statin drugs are known to decrease Coenzyme Q10 levels in humans.

Doxorubicin: Coenzyme Q10 may help to increase the cardiotoxicity of doxorubicin.

Antidiabetic medications: Coenzyme Q10 may improve glycemic control in some type II diabetics. If this were to occur, antidiabetic medications might need appropriate adjusting.

Beta blockers: Some beta blockers, in particular propranolol, have been reported to inhibit some Coenzyme Q10 dependent enzymes.

Use in Pregnancy and Lactation

Bacause of lack of information on long-term safety, pregnant women and nursing mothers should avoid Coenzyme Q10.

Storage Conditions

Store in a cool & dry place; away from light. Keep out of reach of children.

Commercial Pack

Q10 30 mg Capsule: Each box contains 3 blister packs of 10 capsules.

Q10 60 mg Capsule: Each box contains 5 blister packs of 4 capsules.

Manufactured by :

general **GENERAL Pharmaceuticals Ltd.**

Gazipur, Bangladesh

GENERAL Pharmaceuticals Ltd. ISO 9001:2008 Certified Company

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