

SCHEDULING STATUS [S0]**MN PREMIUM COQ10 + K2 CAPSULES****PHARMACEUTICAL CLASSIFICATION:**

Complimentary Medicine Cat D: Health supplement 34.12 Multiple Substance Formulation

MN Premium CoQ10 + K2 is a health supplement and as such has not been evaluated by the SAHPRA. This unregistered medicine is not intended to diagnose, treat, cure, or prevent any disease. Health supplements are only intended to supplement the diet or to complement health.

READ ALL OF THIS LEAFLET CAREFULLY BECAUSE IT CONTAINS IMPORTANT INFORMATION FOR YOU

Available without a doctor's prescription.

- Keep this leaflet. You may need to read it again.
- Do not share with any other person.
- Ask your healthcare provider or pharmacist if you need more information or advice.

ACTIVE INGREDIENTS PER CAPSULE

Ubiquinone® (Coenzyme Q10)	50mg
Phytosome® as Co-Enzyme Q10	
Co-Enzyme Q10	12.5mg
Vitamin D3 (Cholecalciferol)	12.5mcg (500IU)
vitaMK7® (Vitamin K2)	22.5mcg
Magnesium AAC	20mg (elemental)
L-Carnitine	250mg

Inactive: Silicon Dioxide

BEFORE YOU TAKE MN PREMIUM COQ10 + K2:

- If you are taking other supplements, read the label, since these supplements may contain the same ingredients.
- Do not take if you are hypersensitive to any of the active or inactive ingredients.
- Tell your healthcare provider if you are taking any other medicines, this includes complementary or traditional medicines.
- Consult a relevant healthcare provider prior to use if you are taking blood pressure medication or blood thinners.

WHAT MN PREMIUM COQ10 + K2 IS USED FOR:

A premium combination of nutrients that contributes to cardiovascular and muscular oxidative stress protection and helps to maintain and support cardiovascular health.

Ubiquinone® is a food-grade, highly bioabsorbed Coenzyme Q10 based ingredient combined with Phytosome® technology ensuring the delivery of Co-enzyme Q10 to intended target, reaching the goal better and faster.

vitaMK7® - is a natural active form of Vitamin K2, no need to undergo biotransformation in the body, meaning it can be used straight away.

Ubiquinone® is a Registered Trademark of Indena S.P.A., Italy
vitaMK7® is a Registered Trademark of Gnosis S.P.A

PREGNANCY AND BREASTFEEDING:

If you are pregnant or breastfeeding, please consult your doctor, pharmacist, or other healthcare professional for advice before taking this medicine.

DIRECTIONS:

Adults: Take two (2) capsules daily.

Do not exceed the daily recommended dose.

Use in children under the care of a relevant healthcare provider.

In the event of accidental overdose, consult your doctor or pharmacist. If neither is available, contact the nearest hospital or poison centre.

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

POSSIBLE SIDE-EFFECTS:

Gastrointestinal upset: Nausea, abdominal pain, constipation, diarrhoea, vomiting, poor appetite.

Not all side effects reported are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking this medicine, discontinue use immediately and please consult your doctor or pharmacist for advice.

HOW TO STORE AND DISPOSE MN PREMIUM COQ10 + K2:

Store all medicines out of reach of children.

Store at or below 25°C in a cool, dry place.

Keep the container tightly closed.

Do not use this medicine after the expiry date shown on the label.
Return all unused or expired medicine to your pharmacist for safe disposal.

PRESENTATION:

Container of 60 Vegetarian Capsules

IDENTIFICATION:

White vegetarian capsule containing white powder

NAME AND BUSINESS ADDRESS OF THE APPLICANT:

BFC Pharmaceuticals cc
P.O Box 1581
Kloof
3640
South Africa

DATE OF PUBLICATION

April 2024

SKEDULERINGSTATUS [S0]

MN PREMIUM COQ10 + K2 KAPSULES

FARMASEUTIESE KLASSIFIKASIE:

Komplementêre Medisyne Kat D: Gesondheidsaanvulling 34.12 Meervoudige Stof Formulasie

MN Premium CoQ10 + K2 is 'n gesondheidsaanvulling en is nie deur die SAHPRA geëvalueer nie. Hierdie ongeregistreerde medisyne is nie bedoel om enige siekte te diagnoseer, behandel, genees of voorkom nie. Gesondheidsaanvullings is slegs bedoel om die dieet of gesondheid aan te vul.

LEES HIERDIE HELE BLAD NOUKEURIG DEUR OMDAT DIT BELANGRIKE INLIGTING VIR U BEVAT

Beskikbaar sonder 'n doktersvoorskrif.

- Hou hierdie blad. Dit mag nodig wees dat u dit weer moet lees.
- Moenie met enige ander persoon deel nie.
- Vra vir u gesondheidsorgverskaffer of apteker as u meer inligting of advies benodig.

AKTIEWE BESTANDEDELE PER KAPSULE

Ubiqusome® (Coenzyme Q10 Phytosome® as Koënsiem Q10)	50mg
Koënsiem Q10	12.5mg
Vitamien D3 (Cholecalciferol)	12.5mcg (500IU)
vitaMK7® (Vitamien K2)	22.5mcg
Magnesium AAC	20mg (elementêr)
L-Karnitien	250mg

Onaktiewe bestanddeel: Silikondioksied

VOORDAT U MN PREMIUM COQ10 + K2 GEBRUIK:

- As u ander aanvullings gebruik, lees die inligtingsblad, aangesien hierdie aanvulling moontlik dieselfde bestanddele kan bevat.
- Moenie gebruik as u oorsensitief is vir enige van die aktiewe of onaktiewe bestanddele nie.
- Laat u gesondheidsorgverskaffer weet as u ander medisyne gebruik, dit sluit komplementêre of tradisionele medisyne in.
- Raadpleeg 'n relevante gesondheidsorgverskaffer voor gebruik as jy bloeddruk medikasie of bloed verdunners neem.

WAARVOOR MN PREMIUM COQ10 + K2 GEBRUIK WORD:

'n Premium kombinasie van voedingstowwe wat bydra tot kardiovaskulêre en spier oksidatiewe stres beskerming en help om kardiovaskulêre gesondheid te handhaaf en te ondersteun.

Ubiqusome® is 'n voedsel graad, hoogs biogeabsorbeerde Koënsiem Q10 gebaseerde bestanddeel gekombineer met Phytosome® tegnologie wat die lewering van Koënsiem Q10 aan beoogde teiken verseker, wat die doel beter en vinniger bereik.

vitaMK7® - is 'n natuurlike aktiewe vorm van Vitamien K2, dit hoef nie biotransformasie in die liggaam te ondergaan nie, wat beteken dat dit dadelik gebruik kan word.

Ubiqusome® is 'n geregistreerde handelsmerk van Indena S.P.A., Italië
vitaMK7® is 'n geregistreerde handelsmerk van Gnosis S.P.A

SWANGERSKAP EN BORSVOEDING:

Indien u swanger is of borsvoed, raadpleeg asseblief u dokter, apteker of ander gesondheidsorgverskaffer vir advies voordat u hierdie medisyne gebruik.

GEBRUIKSAANWYSINGS:

Volwassenes: Neem twee (2) kapsules daaglik.
Moenie die daaglikse aanbevole dosis oorskry nie.
Gebruik by kinders onder die sorg van 'n relevante gesondheidsorgverskaffer.

In geval van 'n oordosis, raadpleeg u dokter of apteker. As een van hulle nie beskikbaar is nie, kontak die naaste hospitaal of gifsentrum.

Moenie 'n dubbele dosis drink om vir vergete individuele dosisse op te maak nie.

MOONTLIKE NEWE-EFFEKTE:

Gastro-intestinale ongemak: Naarheid, braking, maagpyn, hardlywigheid of diarree, swak eetlus.

Nie alle newe-effekte wat aangemeld is, is in hierdie inligtingsblad ingesluit nie. Indien u algemene gesondheidstoestand vererger of as u enige ongewenste effekte ervaar terwyl u hierdie medisyne gebruik, moet u onmiddellik die gebruik stop en asseblief u dokter of apteker raadpleeg vir advies.

HOE OM MN PREMIUM COQ10 + K2 TE STOOR EN WEG TE GOOI:

Bêre alle medisyne buite die bereik van kinders.
Bêre dit by of onder 25°C in 'n koel, droë plek.
Hou die houer stewig toegesluit.
Moenie die medisyne gebruik na die vervaldatum nie.
Gee alle ongebruikte of vervalde medisyne terug aan u apteker vir veilige verwydering.

AANBIEDING:

Houer van 60 Vegetariese Kapsules

IDENTIFIKASIE:

Wit vegetariese kapsule wat wit poeier bevat

NAAM EN BESIGHEIDSADRES VAN DIE AANSOEKER:

BFC Pharmaceuticals cc
Posbus 1581
Kloof
3640
Suid-Afrika

DATUM VAN PUBLIKASIE

April 2024