

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS

S0

BRUNEL BASICS CO-ENZYME Q10 capsules, vegetarian

Co-Enzyme Q10.

Sugar free.

COMPLEMENTARY MEDICINE: HEALTH SUPPLEMENT

D34.5 Enzymes

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

Read all of this leaflet carefully because it contains important information for you.

BRUNEL BASICS CO-ENZYME Q10 is available without a doctor's prescription, for you to maintain your health. Nevertheless, you still need to take BRUNEL BASICS CO-ENZYME Q10 carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Ask your pharmacist if you need more information or advice.

What is in this leaflet

1. What BRUNEL BASICS CO-ENZYME Q10 is and what it is used for.
2. What you need to know before you take BRUNEL BASICS CO-ENZYME Q10.
3. How to take BRUNEL BASICS CO-ENZYME Q10.
4. Possible side effects.
5. How to store BRUNEL BASICS CO-ENZYME Q10.
6. Contents of the pack and other information.

1. What BRUNEL BASICS CO-ENZYME Q10 is and what it is used for

BRUNEL BASICS CO-ENZYME Q10 is an enzyme supplement used to maintain cardiovascular health.

2. What you need to know before you take BRUNEL BASICS CO-ENZYME Q10

Do not take BRUNEL BASICS CO-ENZYME Q10:

- if you are hypersensitive (allergic) to co-enzyme Q10 or any of the other ingredients of BRUNEL BASICS CO-ENZYME Q10 (see **What BRUNEL BASICS CO-ENZYME Q10 contains**).

Warnings and precautions

Take special care with BRUNEL BASICS CO-ENZYME Q10:

- if you are pregnant or breastfeeding your baby. You should speak to your doctor before taking BRUNEL BASICS CO-ENZYME Q10;
- if you are under the age of 18 years. The safety of co-enzyme Q10 in children has not been proven. You should speak to your doctor before taking BRUNEL BASICS CO-ENZYME Q10.

Children and adolescents

The safety of co-enzyme Q10 in children under the age of 18 years has not been proven. You should speak to your doctor before taking BRUNEL BASICS CO-ENZYME Q10.

Other medicines and BRUNEL BASICS CO-ENZYME Q10

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

- Medication to lower blood pressure. You should speak to your doctor before taking BRUNEL BASICS CO-ENZYME Q10 with these medications, as it may have an effect on your blood pressure.

Pregnancy, breastfeeding and fertility

If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, please consult your doctor, pharmacist or other healthcare provider for advice before taking BRUNEL BASICS CO-ENZYME Q10.

Safety and efficacy of BRUNEL BASICS CO-ENZYME Q10 during pregnancy and breastfeeding have not been established. Do not use BRUNEL BASICS CO-ENZYME Q10 if you are pregnant or breastfeeding your baby.

Driving and using machines

Safety and efficacy when driving or operating machinery have not been established. Do not drive a vehicle, operate machinery, or do anything else that requires your attention until you know how BRUNEL BASICS CO-ENZYME Q10 affects you.

3. How to take BRUNEL BASICS CO-ENZYME Q10

Do not share medicines with any other person.

Always take BRUNEL BASICS CO-ENZYME Q10 exactly as described in this leaflet, or as your doctor or pharmacist has told you. Check with your doctor or pharmacist if you are not sure.

The usual dose is:

Adults: Take 1 capsule twice a day.

If you have the impression that the effect of BRUNEL BASICS CO-ENZYME Q10 is too strong or too weak, tell your doctor or pharmacist.

Do not exceed the recommended dosage.

BRUNEL BASICS CO-ENZYME Q10 can be taken with or without food.

If you take more BRUNEL BASICS CO-ENZYME Q10 than you should

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

Take this leaflet and the rest of the remaining BRUNEL BASICS CO-ENZYME Q10 with you so the doctor will know what you have taken.

4. Possible side effects

BRUNEL BASICS CO-ENZYME Q10 can have side effects.

Not all side effects reported for BRUNEL BASICS CO-ENZYME Q10 are included in this leaflet.

Should your general health worsen or if you experience any untoward effects while taking BRUNEL BASICS CO-ENZYME Q10, please consult your healthcare provider for advice.

If any of the following happens, stop taking BRUNEL BASICS CO-ENZYME Q10 and tell your doctor immediately or go to the casualty department at your nearest hospital:

- swelling of your hands, feet, ankles, face, lips, mouth or throat, which may cause difficulty in swallowing or breathing;
- rash or itching;
- fainting.

These are all very serious side effects. If you have them, you may have had a serious allergic reaction to BRUNEL BASICS CO-ENZYME Q10. You may need urgent medical attention or hospitalisation.

Tell your doctor immediately or go to the casualty department at your nearest hospital if you notice any of the following:

- chest pain;
- angina;
- changes in the way your heart beats, for example, if you notice it beating faster;
- difficulty breathing.

These are all serious side effects. You may need urgent medical attention.

Tell your doctor if you notice any of the following:

Side effects occurring less frequently:

- nausea;
- decreased appetite;
- skin eruptions (rash, itching).

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

Reporting of side effects

If you get side effects, talk to your doctor or pharmacist. You can also report side effects to SAHPRA via the “**6.04 Adverse Drug Reactions Reporting Form**”, found online **under SAHPRA’s publications**: <http://www.sahpra.org.za/Publications/Index/8>.

By reporting side effects, you can help provide more information on the safety of BRUNEL BASICS CO-ENZYME Q10.

5. How to store BRUNEL BASICS CO-ENZYME Q10

- Store all medicines out of reach of children.
- Store at or below 25 °C in a cool, dry place, protected from light.
- Do not store in a bathroom.
- Do not use after the expiry date printed on the label.
- Store in the original packaging.
- Return all unused medicine to your pharmacist.
- Do not dispose of unused medicine in drains and sewerage systems (e.g. toilets).

6. Contents of the pack and other information

What BRUNEL BASICS CO-ENZYME Q10 contains

Each capsule contains:

The active substance is:

Co-enzyme Q10	50 mg
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The other ingredients are magnesium stearate (E572) and starch.

What BRUNEL BASICS CO-ENZYME Q10 looks like and contents of the pack

Yellow powder in a clear, size 0 vegetarian capsule.

90 capsules per bottle.

Holder of certificate of registration

Brunel Laboratoria (Pty) Ltd

1 Van Tonder Street

Sunderland Ridge

Centurion

0157

info@brunel.co.za

This leaflet was last revised in

Will be allocated by SAHPRA upon registration.

Registration number

Will be allocated by SAHPRA upon registration.

Access to corresponding Professional Information

The Professional Information for BRUNEL BASICS CO-ENZYME Q10 is available on

<https://www.brunel.co.za/professional-information/> or can be requested from the contact details above.

PASIËNTINLIGTINGSBLAD

SKEDULERINGSSTATUS

S0

BRUNEL BASICS CO-ENZYME Q10 kapsules, vegetaries

Ko-Ensiem Q10.

Suikervry.

KOMPLEMENTÊRE MEDISYNE: GESONDHEIDSAANVULLING

D34.5 Ensieme

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

Lees hierdie hele inligtingsblad noukeurig deur want dit bevat inligting wat belangrik is vir jou. BRUNEL BASICS CO-ENZYME Q10 is beskikbaar sonder 'n dokter se voorskrif, vir jou om jou gesondheid te onderhou. Nietemin, moet jy BRUNEL BASICS CO-ENZYME Q10 versigtig gebruik om die beste resultate daaruit te kry.

- Hou hierdie inligtingsblad. Dit mag nodig wees dat jy dit weer lees.
- Vra gerus jou gesondheidsorgverskaffer of apteker indien jy verdere inligting of advies nodig het.

Wat is in hierdie inligtingsblad

1. Wat BRUNEL BASICS CO-ENZYME Q10 is, en waarvoor dit gebruik word.
2. Wat jy moet weet voordat jy BRUNEL BASICS CO-ENZYME Q10 neem.
3. Hoe om BRUNEL BASICS CO-ENZYME Q10 te neem.
4. Moontlike nuwe-effekte.
5. Hoe om BRUNEL BASICS CO-ENZYME Q10 te bêre.
6. Inhoud van die verpakking en ander inligting.

1. Wat BRUNEL BASICS CO-ENZYME Q10 is, en waarvoor dit gebruik word

BRUNEL BASICS CO-ENZYME Q10 is 'n ensiem-aanvulling wat gebruik word om kardiovaskulêre gesondheid te onderhou.

2. Wat jy moet weet voordat jy BRUNEL BASICS CO-ENZYME Q10 neem

Moet nie BRUNEL BASICS CO-ENZYME Q10 neem:

- indien jy hipersensitief (allergies) is vir ko-ensiem Q10 of vir enige van die ander bestanddele van BRUNEL BASICS CO-ENZYME Q10 nie (sien **Wat BRUNEL BASICS CO-ENZYME Q10 bevat**).

Waarskuwings en voorsorgmaatreëls

Wees versigtig met BRUNEL BASICS CO-ENZYME Q10:

- indien jy swanger is of jou baba borsvoed. Raadpleeg jou dokter voor jy BRUNEL BASICS CO-ENZYME Q10 begin gebruik;
- indien jy onder die ouderdom van 18 jaar is. Die veiligheid van ko-ensiem Q10 in kinders is nog nie vasgestel nie. Raadpleeg jou dokter voor jy BRUNEL BASICS CO-ENZYME Q10 begin gebruik.

Kinders en adolessente

Die veiligheid van ko-ensiem Q10 in kinders onder die ouderdom van 18 jaar, is nog nie vasgestel nie. Raadpleeg jou dokter voor jy BRUNEL BASICS CO-ENZYME Q10 begin gebruik.

Ander medisyne en BRUNEL BASICS CO-ENZYME Q10

Sê altyd vir jou gesondheidsorgverskaffer indien jy enige ander medisyne neem. (Dit sluit komplementêre of tradisionele medisyne in.)

- Medisyne om bloeddruk te verlaag. Jy moet met jou dokter praat voordat jy BRUNEL BASICS CO-ENZYME Q10 saam met hierdie medikasie neem, aangesien dit 'n uitwerking op jou bloeddruk kan hê.

Swangerskap, borsvoeding en vrugbaarheid

Indien jy swanger is of jou baba borsvoed, dink dat jy swanger mag wees of beplan om swanger te raak, raadpleeg asseblief jou dokter, apteker of ander gesondheidsorgverskaffer voordat jy die medisyne neem.

Dit is nie vasgestel of BRUNEL BASICS CO-ENZYME Q10 veilig en doeltreffend is om tydens swangerskap en borsvoeding te gebruik nie. Moet nie BRUNEL BASICS CO-ENZYME Q10 gebruik indien jy swanger is of jou baba borsvoed nie.

Bestuur en die gebruik van masjiene

Dit is nie vasgestel of BRUNEL BASICS CO-ENZYME Q10 veilig en doeltreffend is tydens bestuur en die gebruik van masjiene nie. Moet nie 'n voertuig bestuur, masjiene hanteer, of enigiets anders doen wat jou aandag vereis totdat jy weet hoe BRUNEL BASICS CO-ENZYME Q10 jou affekteer nie.

3. Hoe om BRUNEL BASICS CO-ENZYME Q10 te neem

Moet nie jou medisyne met enige ander persoon deel nie.

Neem BRUNEL BASICS CO-ENZYME Q10 altyd presies soos aangedui in hierdie inligtingsblad, of soos jou dokter of apteker vir jou verduidelik het. Vra gerus jou dokter of apteker indien jy onseker is, Die gewone dosis is:

Volwassenes: Neem 1 kapsule twee keer per dag.

Indien jy die indruk kry dat die uitwerking van BRUNEL BASICS CO-ENZYME Q10 te sterk of te swak is, bespreek dit met jou dokter of apteker.

Moet nie die aanbevole dosis oorskry nie.

BRUNEL BASICS CO-ENZYME Q10 kan met of sonder kos geneem word.

As jy meer BRUNEL BASICS CO-ENZYME Q10 neem as wat jy moet

In die geval van oordosering, raadpleeg jou dokter of apteker. Indien nie een van hulle beskikbaar is nie, kontak die naaste hospitaal of gifsentrum.

Neem hierdie inligtingsblad en die oorblywende BRUNEL BASICS CO-ENZYME Q10 saam met jou sodat die dokter kan sien wat jy geneem het.

4. Moontlike nuwe-effekte

BRUNEL BASICS CO-ENZYME Q10 kan nuwe-effekte hê.

Nie alle nuwe-effekte wat vir BRUNEL BASICS CO-ENZYME Q10 gerapporteer is, word in hierdie inligtingsblad ingesluit nie. Indien jou algemene gesondheid verswak of jy enige ongunstige effekte ondervind terwyl jy BRUNEL BASICS CO-ENZYME Q10 neem, raadpleeg asseblief jou gesondheidsorgverskaffer.

Indien enige van die volgende gebeur, hou op om BRUNEL BASICS CO-ENZYME Q10 te neem en sê dadelik vir jou dokter, of gaan na die ongevalle-afdeling by jou naaste hospitaal:

- swelling van jou hande, voete, enkels, gesig, lippe, mond of keel, wat probleme kan veroorsaak met sluk en asemhaling;
- uitslag of gejeuk;
- floute.

Hierdie is baie ernstige nuwe-effekte. Indien jy enige daarvan ondervind, mag jy 'n ernstige allergiese reaksie op BRUNEL BASICS CO-ENZYME Q10 gehad het. Dringende mediese bystand of hospitalisasie mag nodig wees.

Vertel jou dokter onmiddellik of gaan na die ongevalle-afdeling in jou naaste hospitaal as jy een van die volgende opmerk:

- borspyn;
- angina
- veranderinge in die manier waarop jou hart klop, byvoorbeeld as jy sien dat dit vinniger klop;
- asemhalingsprobleme.

Hierdie is almal ernstige nuwe-effekte. Jy kan dalk dringende mediese bystand benodig.

Sê vir jou dokter indien jy enige van die volgende opmerk:

Nuwe-effekte wat minder gereeld voorkom:

- naarheid;
- verminderde eetlus;
- veluitslag of gejeuk.

Indien jy enige nuwe-effekte opmerk wat nie in hierdie inligtingsblad genoem word nie, sê asseblief vir jou dokter of apteker daarvan.

Aanmelding van nuwe-effekte

Indien jy nuwe-effekte ondervind, bespreek dit met jou dokter of apteker. Jy kan ook nuwe-effekte aan SAHPRA rapporteer via die “**6.04 Adverse Drug Reactions Reporting Form**”, wat aanlyn by **SAHPRA se publikasies** beskikbaar is: <http://www.sahpra.org.za/Publications/Index/8>. Deur nuwe-effekte te rapporteer kan jy help om meer inligting rakende die veiligheid van BRUNEL BASICS CO-ENZYME Q10 te verskaf.

5. Hoe om BRUNEL BASICS CO-ENZYME Q10 te bêre

- Bêre alle medisyne buite die bereik van kinders.
- Bêre teen of onder 25 °C in 'n koel, droë plek, en beskerm teen lig.
- Moet nie in die badkamer bêre nie.
- Moet nie gebruik word na die vervaldatum soos aangedui op die etiket nie.
- Bêre in die oorspronklike verpakking.
- Neem alle ongebruikte medisyne terug na jou apteker.
- Moet nie ongebruikte medisyne in dreine en rioolstelsels (bv. toilette) weggooi nie.

6. Inhoud van die pak en ander inligting

Wat BRUNEL BASICS CO-ENZYME Q10 bevat

Elke kapsule bevat:

Die aktiewe bestanddeel is:

Ko-Ensiem Q10 50 mg

Die ander bestanddele is magnesiumstearaat (E572) en stysel.

Hoe BRUNEL BASICS CO-ENZYME Q10 lyk en inhoud van die verpakking

Geel poeier in 'n deursigtige, grootte 0 vegetariese kapsule.

90 kapsules per houer.

Houer van die registrasiesertifikaat

Brunel Laboratoria (Edms) Bpk

Van Tonderstraat 1

Sunderland Ridge

Centurion

0157

info@brunel.co.za

Hierdie inligtingsblad is laas hersien in

Sal met registrasie deur SAHPRA toegeken word.

Registrasienommer

Sal met registrasie deur SAHPRA toegeken word.

Toegang tot die ooreenstemmende Professionele Inligtingsblad

Die Professionele Inligtingsblad vir BRUNEL BASICS CO-ENZYME Q10 is beskikbaar by

<https://www.brunel.co.za/professional-information/> of dit kan aangevra word deur die

kontakbesonderhede hier bo te gebruik.