

Drawing Ref:

Product description: QRAISE CAPS 100MG
Packaging component: LEAFLET
Country: PAKISTAN
Creation Date: 15th FEB 2016
Revision Date:

Change Alert No.:

Text: _____
Design: _____
Dimension: _____
Color: _____

Pantone codes:


Panonte 485C

215 mm

DESCRIPTION
Qraise is composed of Coenzyme Q10 which is also known as ubiquinone. Coenzyme Q10 is a vitamin-like substance found throughout the body, but especially in the heart, liver, kidney, and pancreas.
Coenzyme Q10 is:

- essential for the production of energy in the body
- required for the proper function of many organs and chemical reactions in the body
- a potent antioxidant, or free radical scavenger and assists in protecting the cells from potential free radical damage

Soft Gelatin Capsules

Qraise™

Coenzyme Q10

COMPOSITION
Qraise soft gelatin capsule is composed of:

Coenzyme Q10
100 mg

Charge up your **life**

150 mm

Signing Authorities

Business Development		Marketing	Regulatory Affairs	
Prepared by:	Checked by:	Reviewed by:	Reviewed by:	Approved by:
_____	_____	_____	_____	_____

Approved Artwork Layout for Pakistan

Form No. F-RA-017
Rev: 00
Issued Date: 18/08/2015

Drawing Ref:

Product description: QRAISE CAPS 100MG
Packaging component: LEAFLET
Country: PAKISTAN
Creation Date: 15th FEB 2016
Revision Date:

Change Alert No.:

Text:

Design:

Dimension:

Color:

Pantone codes:



215 mm

Uses

Studies suggest that coenzyme Q10 supplements may help prevent or treat the following conditions:

Coenzyme Q 10 Deficiency

Coenzyme Q10 supplements is likely effective for Coenzyme Q10 deficiency, which is a very rare condition. The symptoms include weakness, fatigue, and seizures.

Heart Failure

There is evidence that Coenzyme Q10 may help treat heart failure when combined with conventional medications. People who have congestive heart failure, where the heart is not able to pump blood as well as it should may also have low levels of Coenzyme Q10. Several clinical studies suggests that Coenzyme Q10 supplements help reduce swelling in the legs; reduce fluid in the lungs, making breathing easier; and increase exercise capacity in people with heart failure.

Decreasing the risk of additional heart problems in people who have had a recent heart attack (myocardial infarction, MI)

When started within 72 hours of MI and taken for one year, Coenzyme Q10 appears to significantly lower the risk of heart-related events including non-fatal MI.

High Blood Pressure (hypertension)

Taking Coenzyme Q10 by itself or along with other medications for treating high blood pressure seems to help lower blood pressure even more. Several clinical studies suggest that Coenzyme Q10 may lower blood pressure. However, it may take 4 to 12 weeks to see any change. In one analysis, after reviewing 12 clinical studies, researchers concluded that Coenzyme Q10 has the potential to lower systolic blood pressure by up to 17mm Hg and diastolic blood pressure by 10mm Hg, without significant side effects.

Diabetes

Coenzyme Q10 supplements may improve heart health and blood sugar and help manage high blood pressure in people with diabetes.

Preventing Migraine Headache

Taking Coenzyme Q10 by mouth seems to help prevent migraine headaches. Taking Coenzyme Q10 also appears to reduce migraine frequency in children who have low levels of Coenzyme Q10.

Muscular Dystrophy

Taking Coenzyme Q10 by mouth seems to improve physical performance in some patients with muscular dystrophy.

Infertility in Men

There is some evidence that Coenzyme Q10 treatment can improve the movement and density of sperm in men with certain types of infertility.

Statin Induced Myopathy

Statins, a class of drugs used to lower cholesterol, can sometimes cause muscle pain. There is some evidence that taking Coenzyme Q10 might reduce this pain.

Dosage

Take 1-2 soft gelatin capsules daily or as directed by the healthcare practitioner.

Interactions

Medications for cancer (Chemotherapy)

Coenzyme Q10 is an antioxidant and might decrease the effectiveness of some medications used for cancers. Ask your oncologist before taking antioxidants or any supplement along with chemotherapy.

Medications for high blood pressure (Antihypertensive drugs)

Coenzyme Q10 may decrease blood pressure. Therefore, taking coenzyme Q10 along with medications for high blood pressure might cause your blood pressure to go too low.

Warfarin

Coenzyme Q10 might increase blood clotting and decrease the effectiveness of warfarin. Be sure to have your blood checked regularly. The dose of warfarin might need to be changed.

Side Effects

Coenzyme Q10 can cause some mild side effects including stomach upset, loss of appetite, nausea, vomiting, and diarrhea. It can cause allergic skin rashes in some people. It also might lower blood pressure. Dividing the total daily dose by taking smaller amounts two or three times a day instead of a large amount all at once can help reduce side effects. Consult a healthcare practitioner if you have any side effects or if your symptoms persist or worsen.

Warnings & Precautions

Pregnancy and Nursing Mothers:

Coenzyme Q10 is possibly safe when taken by mouth appropriately during pregnancy. Coenzyme Q10 has been used safely twice daily starting at 20 weeks until delivery. Not enough is known about the use of coenzyme Q10 during breast-feeding. Stay on the safe side and avoid use.

Smoking: Cigarette smoking depletes the amount of coenzyme Q10 stored by the body.

Surgery: Coenzyme Q10 might interfere with blood pressure control during and after surgery. Stop using coenzyme Q10 at least two weeks before a scheduled surgery.

Liver problems: If you have liver problems, it is recommended to get advice from your healthcare practitioner before taking this medication.

Storage

Store below 30°C.
Protect from heat, light & moisture.
Keep out of reach of children.

Presentation

Qraise Soft Gelatin Capsules are available in pack of 20's.

This is not an Allopathic product.

Manufactured by:

Soft Gelatin Capsules: Weihai Baihe Biology Technological Co., Ltd.
Swan Lake Economic Technical Development Zone, Rongcheng, Shandong, China.
Packaging: Novamed Healthcare (Pvt) Ltd., 28-km Ferozpur Road, Lahore, Pakistan.

Manufactured for:



29-30/27, K.I.A., Karachi, Pakistan

150 mm

Signing Authorities

Business Development

Marketing

Regulatory Affairs

Prepared by: _____

Checked by: _____

Reviewed by: _____

Reviewed by: _____

Approved by: _____