

Oxi-Q

Co-enzyme Q10
30 mg and 60 mg Capsule

Oxi-Q (Co-enzyme Q10) is a vitamin-like substance found throughout the body especially in the heart, liver, kidney and pancreas. It is required for the proper function of many organs and chemical reactions in the body. It helps to provide energy to cells. It has antioxidant activity.

COMPOSITION

Oxi-Q 30 : Each liquid filled hard HPMC capsule contains Ubidecarenone (Co-enzyme Q10) BP 30 mg.

Oxi-Q 60 : Each liquid filled hard HPMC capsule contains Ubidecarenone (Co-enzyme Q10) BP 60 mg

INDICATION

Oxi-Q (Co-enzyme Q10) is indicated for Co-enzyme Q10 deficiency and mitochondrial disorders. It is also used in congestive heart failure, myocardial infarction, high blood pressure (hypertension) in combination with other medications, preventing migraine headache, parkinson's disease, improving the immune system, infertility in men and muscular dystrophy.

DOSAGE AND ADMINISTRATION

The recommended dose of Co-enzyme Q10 is:

For Co-enzyme Q10 deficiency: 150 mg daily.

For mitochondrial disorders: 150-160 mg, or 2 mg/kg/day.

For heart failure in adults: 100 mg per day divided into 2 or 3 doses.

For recent myocardial infarction: 120 mg daily in 2 divided doses.

For high blood pressure: 120-200 mg per day divided into 2 doses.

For isolated systolic hypertension: 60 mg twice daily.

For preventing migraine headache: 100 mg three times daily.

For Parkinson's disease: 300 mg, 600 mg, 1200 mg and 2400 mg per day in 3-4 divided doses.

For infertility in men: 200-300 mg per day.

For muscular dystrophy: 100 mg per day.

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 to reduce side effects.

SIDE EFFECT

Co-enzyme Q10 is safe for most adults. It 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.

CONTRAINDICATION

Co-enzyme Q10 is contraindicated in patients who have hypersensitivity to the active substance or to any of the excipients. It is also contraindicated in patients scheduled for surgery in the next two weeks.

PRECAUTION

Co-enzyme Q10 may lower blood sugar levels, so caution should be taken in patients with diabetes or hypoglycemia. Co-enzyme Q10 may decrease blood pressure so caution is advised in patients with low blood pressure or taking blood pressure medications.

DRUG INTERACTION

Antihypertensive drugs : May cause blood pressure to go too low.

Anticancer drugs : May decrease the effectiveness of some anticancer drugs.

Warfarin : May decrease the effectiveness of warfarin

USE IN PREGANACY & LACTATION

Co-enzyme Q10 should not be used in pregnancy and breast-feeding.

STORAGE CONDITION

Keep in a dry place away from light and heat. Keep out of the reach of children.

HOW SUPPLIED

Oxi-Q 30 : Each box contains 30 capsules in Alu-Alu blister pack.

Oxi-Q 60 : Each box contains 20 capsules in Alu-Alu blister pack.