

# ResQ™ 200

Co-enzyme Q10 200 mg

Softgel Capsule

## Composition

**Res-Q™ 200** : Each softgel capsule contains Ubidecarenone (co-enzyme Q10) 200 mg.

## Description

Ubidecarenone (co-enzyme Q10) is a fat soluble substance and acts as a vital intermediate of the electron transport system in the mitochondrial membrane for cellular respiration and ATP production. Cells and tissues those are metabolically active (such as - heart, immune system, skeleton muscle and gingiva) have the highest requirement of Ubidecarenone and most susceptible to Ubidecarenone deficiency. Ubidecarenone level in the body decline with advancing age and thus contribute in manifestation of aging.

## Pharmacokinetics

**Absorption:** After oral administration, Ubidecarenone is absorbed by the intestinal mucosal cells of small intestine which influenced by the presence of food. Absorption is lower on an empty stomach and greater when taken with food of high lipid content. After absorption, it transported via the lymphatics system and eventually taken up by the liver where it is incorporated into lipoproteins and released into the blood circulation and then concentrated in the tissues.

**Distribution:** Ubidecarenone is distributed to the various tissues of the body and is able to enter into the brain. The concentration varies from tissue to tissue and those with high rates of metabolic activity and high energy demands such as - heart, muscle, liver, kidney and brain contain relatively high concentration of Ubidecarenone.

**Metabolism:** Ubidecarenone is metabolized in all tissues in the body.

**Excretion:** Approximately 60% of an oral dose of Ubidecarenone is excreted in the feces. The main elimination of Ubidecarenone occurs with bile.

## Indications

*Res-Q is indicated for the treatment and prevention of-*

**Infertility:** • Female Infertility • Male Infertility  
**Neurological Disorders:** • Myopathy • Muscular Dystrophy • Ataxia • Parkinson's disease • Genetic Neuromuscular Disease • Alzheimer's disease • Migraine  
**Cardiovascular Disease:** • Congestive Heart Failure (CHF) • Cardiomyopathy • Hypertension • Heart Protection during Surgery • Angina  
**Others:** • Periodontal Gum Disease • Exercise Performance • Diabetes • Cancer • Asthma • Thyroid Disorder

## Dosage & Administrations

1 - 3 capsules daily after meal or as directed by physician.

## Pregnancy and Lactation

There is a lack of long-term safety data to support the safe use of Ubidecarenone during pregnancy and lactation.

## Contraindications

None known.

## Side Effects

Ubidecarenone seems to be safe and relatively well tolerated in recommended dose. Occasionally gastrointestinal discomfort, dizziness and skin rash may occur but these tend to happen with higher doses.

## Drug Interactions

**Statins:** The statin drugs reduce endogenous synthesis of Ubidecarenone in the body. Thus, Ubidecarenone supplement may increase Ubidecarenone levels without adversely affecting statin drug's efficacy.

**Warfarin:** May reduce the effectiveness of warfarin.

**Thyroid drugs:** May alter the effect of thyroid drugs. **Beta blockers:** Beta blockers (particularly propranolol) have been reported to inhibit some Ubidecarenone dependent enzymes.

**Antidiabetic medications:** Ubidecarenone may improve glycemic control in some type II diabetics. If this occurred, antidiabetic medications may need appropriate dose adjustment.

**Doxorubicin:** Ubidecarenone may help to reduce the cardiotoxicity of doxorubicin.

## Storage

Store at dry place below 25 °C temperature away from direct sunlight & moisture. Keep the medicine out of the reach of children. Do not freeze.

## How supplied

**Res-Q™ 200** : Each box contains 20 soft gel capsules in blister pack .

Manufactured by

**SQUARE PHARMACEUTICALS PLC.**

**HERBAL DIVISION**

BSCIC, Pabna, Bangladesh

TM-Trade Mark



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