

**Composition :** Coenzyme Q10 (Ubidecarenone) USP 30mg.

Cozyme-60 : Each Soft Gelatin Capsule contains Coenzyme Q10 (Ubidecarenone) USP 60mg.

**Pharmacodynamic Properties :** Coenzyme Q10 is an essential cofactor in the mitochondrial electron transport chain, where it accepts electrons from complex I and II, an activity that is vital for the production of ATP.

**Pharmacokinetic Properties :** Absorption Coenzyme Q10 is absorbed from the small intestine into the lymphatics; from there it enters into the blood. Distribution: Coenzyme Q10 is distributed to the various tissues of the body and is able to enter into the brain. Metabolism: Coenzyme Q10 is metabolized in all tissues in the body. Excretion: The main elimination of Coenzyme Q10 occurs via bile. Over 60% of an oral dose is excreted in the feces.

**Indications :** Coenzyme Q10 is indicated for 1. Known coenzyme Q10 deficiency; 2. Heart failure in adults; 3. To reduce the risk of future cardiac events in patients with recent myocardial infarction; 4. High blood pressure; 5. Isolated systolic hypertension; 6. For preventing migraine headache; 7. Parkinson's diseases; 8. Infertility in men; 9. Muscular dystrophy; 10. Pre-eclampsia.

**Dosage and administration :** Daily doses of Coenzyme Q10 range from 30mg - 300mg in divided doses. The following doses have been studied in scientific research : ORAL: Known coenzyme Q10 deficiency : 150mg/day; Heart failure in adults : 100mg/day in 2-3 divided doses; To reduce the risk of future cardiac events in patients with recent myocardial infarction : 120mg/day in 2 divided doses; High blood pressure: 120-200mg/day in 2 divided doses; Isolated systolic hypertension: 60mg 2 times/day; For preventing migraine headache: 100mg 3 times/day, 1-3mg/kg is used in pediatric and adolescent patients; Parkinson's disease: 300mg, 600mg, 1200mg and 2400mg/day in 3-4 divided doses; Infertility in men: 200-

## Cozyme Capsule

300mg/day; Muscular dystrophy: 100mg/day; Pre-eclampsia: 100mg 2 times/day starting at week 20 to pregnancy until delivery. Or, as directed by the registered physician.

**Contraindication :** Hypersensitivity to the drug or any other ingredients.

**Side effects :** Generally, Coenzyme Q10 is well tolerated and having no significant side effects. Mild gastrointestinal symptoms such as nausea, diarrhea and epigastric distress have been reported, particularly with higher doses (200 mg or more daily).

**Precautions :** Supplemental Coenzyme Q10 may improve beta cell function and glycemic control in type II diabetics. Therefore, those diabetics who do use supplemental Coenzyme Q10 should determine by appropriate monitoring if they need to make any adjustments in their diabetic medications.

**Pregnancy and lactation :** Because of lack of information on long term safety, pregnant women and nursing mothers should avoid Coenzyme Q10.

**Drug Interactions** Warfarin: Supplemental Coenzyme Q10 may decrease the effectiveness of warfarin. Statins: The statin drugs are known to decrease Coenzyme Q10 levels in humans. Doxorubicin : Coenzyme Q10 may help to increase the cardiotoxicity of doxorubicin. Antidiabetic medications: Coenzyme Q10 may improve glycemic control in some type II diabetics. If this were to occur, antidiabetic medications might need appropriate adjusting. Beta blockers: Some beta blockers, in particular propranolol, have been reported to inhibit some Coenzyme Q10 dependent enzymes.

**Packing:** Cozyme-30: 3x10's soft capsules in blister pack.

Cozyme-60 : 2x10's soft capsules in blister pack.