

PATIENT INFORMATION LEAFLET

Scheduling status:

S0

NATIVA COMPLEX® COQ10 capsule

Coenzyme Q10 (Ubidecarenone); Bioperine® (*Piper nigrum* (black pepper) [fruit, extract]). Sugar free

- Complementary Medicine: D.33.7 Discipline-Specific Traditional Claims – Combination Product.
- A varied diet is the most effective and safe way to achieve good nutrition, health, body composition as well as mental and physical performance. 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.

Nativa Complex® CoQ10 is available without a doctor's prescription. Nevertheless, you still need to use Nativa Complex® CoQ10 carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share Nativa Complex® CoQ10 with any other person.
- Ask your healthcare provider or pharmacist if you need more information or advice.

WHAT IS IN THIS LEAFLET

1. What Nativa Complex® CoQ10 is and what it is used for
2. What you need to know before you take Nativa Complex® CoQ10
3. How to take Nativa Complex® CoQ10
4. Possible side effects
5. How to store Nativa Complex® CoQ10
6. Contents of the pack and other information

1. What Nativa Complex® CoQ10 is and what it is used for

Nativa Complex® CoQ10 capsules contains coenzyme Q10 to help maintain and support cardiovascular health. Coenzyme Q10 functions as an antioxidant for the maintenance of good health and contributes to the protection of cells from oxidative stress. Efficacy of support may vary between users.

2. What you need to know before you take Nativa Complex® CoQ10

Do not take Nativa Complex® CoQ10:

- If you are hypersensitive (allergic) to any of the ingredients of Nativa Complex® CoQ10 (listed in section 6 **Contents of pack and other information**).
- If you are taking any chronic medication do not use this product without consulting your medical practitioner.

Warnings and precautions

- Consult a healthcare provider before use if you have bleeding disorders or are taking blood thinners (see **Other medicines and Nativa Complex® CoQ10**).
- Consult a healthcare provider before use if you are taking blood pressure medication (see **Other medicines and Nativa Complex® CoQ10**).
- Do not exceed the daily recommended dose.
- Do not use after the date of expiry.
- Products containing herbal ingredients may interact with some medication.

Porphyria: Safety has not been established.

Tell your doctor if you are not sure about any of the above.

Other medicines and Nativa Complex® CoQ10

Always tell your healthcare provider if you are taking any other medicine, including complementary or traditional medicines.

Consult your doctor, pharmacist or healthcare provider before use if you are taking:

- Blood thinners (anticoagulant - or antiplatelet medication) e.g. Warfarin, as some of the ingredients may have a blood thinning effect increasing the risk of bleeding; or
- antihypertensive medication (used to treat high blood pressure), as the coenzyme Q10 in Nativa Complex® CoQ10 may have additive hypotensive effects. Discontinue use two (2) weeks prior surgery as Nativa Complex® CoQ10 might interfere with blood pressure control during and after surgical procedures (see **How to take Nativa Complex® CoQ10**).

Take Nativa Complex® CoQ10 a few hours before or after other medication (see **How to take Nativa Complex® CoQ10**).

Taking Nativa Complex® CoQ10 with food and drink

You should take Nativa Complex® CoQ10 after a meal with a glass of water. There is no known interaction between contents of Nativa Complex® CoQ10 and food and drink.

Pregnancy and Breastfeeding

Do not use Nativa Complex® CoQ10 if you are pregnant or breastfeeding as safety has not been established.

Driving and using machinery

Nativa Complex® CoQ10 should not affect your ability to drive or use machinery. However, if you think you are affected you should not drive or operate machinery until you feel better.

3. How to take Nativa Complex® CoQ10

Do not share medicines with any other person.

Always take Nativa Complex® CoQ10 exactly as described in this leaflet or as your healthcare provider has instructed you. You should check with your doctor or pharmacist if you are unsure.

The usual dose for adults 18 years and older is:

One (1) capsule per day, with a glass of water, after a meal.

Take a few hours before or after taking other medications (see **Other medicines with Nativa Complex® CoQ10**).

Discontinue use two (2) weeks prior surgery (see **Other medicines and Nativa Complex® CoQ10**)

If you take more Nativa Complex® CoQ10 than you should

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

If you forget to take Nativa Complex® CoQ10

Take your missed dose when you remember. Do not take a double dose to make up for forgotten individual doses.

If you stop taking Nativa Complex® CoQ10

If you are taking the dose as indicated, it is unlikely that there should be withdrawal effects when you stop using this medication.

4. Possible side effects

Nativa Complex® CoQ10 can have side effects.

Not all side effects reported for Nativa Complex® CoQ10 are included in this leaflet.

Should your general health worsen while taking this medicine, or if you experience any untoward effects while taking this medicine, please consult your healthcare provider for advice.

If any of the following or other side effects occur, stop taking this product and consult your doctor or pharmacist or go to the casualty department at your nearest hospital:

Allergic reactions such as: skin rashes, hives (skin bumps), itchiness, swelling of the face, lips mouth or throat, which may cause difficulty in swallowing or breathing.

Tell your doctor or pharmacist if you notice any of the following:

Frequency unknown:

- Hypersensitivity reactions or anaphylaxis, symptoms include: difficulty breathing or swallowing, angioedema, itchy throat, urticaria (hives), skin rash and itching.
- Headache.
- Photophobia (increased light sensitivity of the eyes).
- Abdominal discomfort, diarrhoea, dyspepsia, nausea, vomiting and flatulence.

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, pharmacist or nurse. You can also report side effects to SAHPRA via the “**6.04 Adverse Drug Reaction Reporting Form**”, found online under SAHPRA's publications: <https://www.sahpra.org.za/Publications/Index/8>.

By reporting side effects, you can help provide more information on the safety of Nativa Complex® CoQ10.

5. How to store Nativa Complex® CoQ10

- STORE ALL MEDICINES OUT OF REACH OF CHILDREN.
- Store in a dry place at or below 25 °C.
- Protect from light and moisture.
- Do not refrigerate.
- Do not store in a bathroom.
- Do not use after the expiry date stated on the label and carton.
- Return all unused medicine to your pharmacist.
- Do not dispose of unused medicine in drains or sewerage systems (e.g. toilets).

6. Contents of pack and other information

What Nativa Complex® CoQ10 contains

Active ingredients	Per capsule (maximum daily dose)
Coenzyme Q10 (ubidecarenone)	150 mg
Bioperine® (<i>Piper nigrum</i> (black pepper) [fruit, extract])	5 mg

The other ingredients or excipients are: Gelatine capsule (capsule constituents: bovine gelatine, allura red (E129), titanium dioxide), ascorbic acid, maize starch, colloidal silicon dioxide, magnesium stearate.

Nativa Complex® CoQ10 is sugar free.

What Nativa Complex® CoQ10 looks like and contents of the pack

Nativa Complex® CoQ10 are red capsules, available in a white plastic container with a red flip-top cap. It contains 30 capsules and includes a patient information leaflet in a printed unit carton.

Holder of Certificate of Registration

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Date of registration

To be allocated

Registration number

To be allocated

Professional Information

The Nativa Complex® CoQ10 Professional Information may be obtained from the Nativa website (www.nativa.co.za).