

# Q10 Xryse

**Composition:** Coenzyme Q10 150mg + Omega3 Fatty acids 300mg + Vitamin E 100mg

**Introduction:** Coenzyme Q10 is a vitamin-like substance found throughout the body, but especially in the heart, liver, kidney, and pancreas. It is eaten in small amounts in meats and seafood. Coenzyme Q10 can also be made in a laboratory.

Vitamin E is a dissolves in fat. It is found in many foods including vegetable oils, cereals, meat, poultry, eggs, fruits, vegetables, and wheat germ oil. It is also available as a supplement.

## **Indication:**

Coenzyme Q10 is most commonly used for conditions that affect the heart such as heart failure, chest pain, and high blood pressure. It is also used for preventing migraine headache, Parkinson's disease, and many other conditions.

vitamin E for treating and preventing diseases of the heart and blood vessels including hardening of the arteries, heart attack, chest pain, leg pain due to blocked arteries, and high blood pressure. diabetes and its complications. It is used for preventing cancer, particularly lung and oral cancer in smokers; colorectal cancer and polyps; and gastric, prostate, and pancreatic cancer, brain and nervous system including Alzheimer's disease and other dementias, Parkinson's disease, night cramps, restless leg syndrome, and for epilepsy, along with other medications.

late pregnancy due to high blood pressure (pre-eclampsia), premenstrual syndrome (PMS), painful periods, menopausal syndrome, hot flashes associated with breast cancer, and breast cysts.

Fatty acids serve as energy for the muscles, heart, and other organs as building blocks for cell membranes and as energy storage for the body. Fatty acids that are not used up as energy are converted into triglycerides. A triglyceride is a molecule formed by attaching three fatty acids onto a glycerol compound that serves as a backbone. Triglycerides are then stored in the body as fat (adipose) tissue.

**Mechanism of Action:** Coenzyme Q10 is an important vitamin-like substance required for the proper function of many organs and chemical reactions in the body. It helps provide energy to cells. Coenzyme Q10 also seems to have antioxidant activity. People with certain diseases, such as heart failure, high blood pressure, gum disease, Parkinson's disease, blood infections, certain diseases of the muscles, and HIV infection, might have lower levels of coenzyme Q10.

Vitamin E is an important vitamin required for the proper function of many organs in the body. It is also an antioxidant. This means it helps to slow down processes that damage cells.

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**omega-3 fatty acids** in secondary prevention post-myocardial infarction. ...

The mechanisms through which two of these **omega-3 fatty acids**, eicosapentaenoic acid and docosahexanoic acid, exert their action appear to be distinct and adjuvant to the available standard secondary prevention therapies.

## SIDE EFFECTS

Coenzyme Q10 is **LIKELY SAFE** for most adults when taken by mouth or when applied directly to the gums. While most people tolerate coenzyme Q10 well, 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. It also might lower blood pressure, so check your blood pressure carefully if you have very low blood pressure. Dividing the total daily dose by taking smaller amounts 2 or 3 times a day instead of a large amount all at once can help reduce side effects.

Vitamin E is **POSSIBLY UNSAFE** if taken by mouth in high doses. If you have a condition such as heart disease or diabetes, do not take doses of 400 IU/day or more. Some research suggests that high doses might increase the chance of death and possibly cause other serious side effects. The higher the dose, the greater the risk of serious side effects.

Coenzyme Q10 is **POSSIBLY SAFE** for children when taken by mouth. However, coenzyme Q-10 should not be used in children without medical supervision.

**omega-3 fatty acids** Burping (belching),Infection,Flu-like syndrome,Indigestion,Changes in taste,Back pain, Rash,Chest pain ,Upset stomach,Vomiting,Itching,