

PATIENT INFORMATION LEAFLET

SCHEDULING STATUS:

[S0]

NATIVA COMPLEX® COQ10 PLUS

capsule

Coenzyme Q10 (ubidecarenone); magnesium oxide (magnesium); selenium glycinate (selenium); cholecalciferol (vitamin D3).

Sugar and preservative free.

- Complementary Medicine: D.34.12. Health Supplements – Multiple substance formulation.
- 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 PLUS is available without a doctor's prescription.

Nevertheless, you still need to use NATIVA COMPLEX® COQ10 PLUS carefully to get the best results from it.

- Keep this leaflet. You may need to read it again.
- Do not share NATIVA COMPLEX® COQ10 PLUS 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 PLUS is and what it is used for
2. What you need to know before you take NATIVA COMPLEX® COQ10 PLUS
3. How to take NATIVA COMPLEX® COQ10 PLUS
4. Possible side effects
5. How to store NATIVA COMPLEX® COQ10 PLUS
6. Contents of the pack and other information

1. What NATIVA COMPLEX® COQ10 PLUS is and what it is used for

NATIVA COMPLEX® COQ10 PLUS capsules contains coenzyme Q10 to help maintain and support cardiovascular health. Coenzyme Q10 functions as an antioxidant contributing to the protection of cells from oxidative stress. NATIVA COMPLEX® COQ10 PLUS capsules also contains vitamin D3, magnesium and selenium for the maintenance of good health. Efficacy of support may vary between users.

2. What you need to know before you take NATIVA COMPLEX® COQ10 PLUS

Do not take NATIVA COMPLEX® COQ10 PLUS:

- If you are hypersensitive (allergic) to any of the ingredients of NATIVA COMPLEX® COQ10 PLUS (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

- Special care should be taken with NATIVA COMPLEX® COQ10 PLUS. Consult a healthcare provider before use if you have:
 - bleeding disorders;
 - renal calculi, renal impairment or kidney disease;
 - histoplasmosis;
 - hyperparathyroidism;
 - lymphoma;
 - sarcoidosis;
 - tuberculosis or a history of these conditions;
 - hypercalciuria and/or hypercalcemia; or
 - a history of non-melanoma skin cancer.
- If you are taking blood pressure medication consult a relevant healthcare provider before use (see **Other medicines and NATIVA COMPLEX® COQ10 PLUS**).
- NATIVA COMPLEX® COQ10 PLUS might interfere with blood pressure control during and after surgical procedures. It is advisable to discontinue use two (2) weeks prior surgery (see **Other medicines and NATIVA COMPLEX® COQ10 PLUS**).
- Do not exceed the daily recommended dose.
- Do not use after the date of expiry.

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 PLUS

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;
- antihypertensive medication (used to treat high blood pressure), as coenzyme Q10 may have additive hypotensive effects and interfere with blood pressure control during and after surgical procedures;
- antibiotics (used to treat infections), as the magnesium in NATIVA COMPLEX® COQ10 PLUS may reduce their absorption. You should take all oral antibiotics at least two (2) hours before, or four (4) hours after NATIVA COMPLEX® COQ10 PLUS or similar supplements;
- bisphosphates (used to slow bone loss), as NATIVA COMPLEX® COQ10 PLUS may reduce their absorption. You should separate doses of magnesium and these medicines by at least two (2) hours;
- digoxin (used to treat heart conditions), as NATIVA COMPLEX® COQ10 PLUS may reduce the absorption;
- levodopa/carbidopa (Sinemet®) (used to treat symptoms of Parkinson's disease), as NATIVA COMPLEX® COQ10 PLUS may reduce bioavailability;
- sulfonylureas (used for the treatment of non-insulin-dependent diabetes mellitus), as NATIVA COMPLEX® COQ10 PLUS may increase the systemic absorption of sulfonylureas, increasing effects and side effects;
- potassium sparing diuretics (used to increase the amount of fluid passed from the body in urine), as simultaneous use with NATIVA COMPLEX® COQ10 PLUS may increase magnesium levels; or
- calcium supplements as Vitamin D3 has the potential to increase the absorption of calcium when used concomitantly with calcium supplements.

Take NATIVA COMPLEX® COQ10 PLUS a few hours before or after other medication (see **How to take NATIVA COMPLEX® COQ10 PLUS**).

Taking NATIVA COMPLEX® COQ10 PLUS with food, drink and alcohol

There is no known interaction between contents of NATIVA COMPLEX® COQ10 PLUS and food, drink and alcohol.

Pregnancy, breastfeeding and fertility

Do not use NATIVA COMPLEX® COQ10 PLUS if you are pregnant or breastfeeding as safety has not been established. If you are pregnant or breastfeeding, think you may be pregnant or are planning to have a baby, please consult your doctor, pharmacist, or other healthcare provider for advice before taking this medicine.

Driving and using machines

NATIVA COMPLEX® COQ10 PLUS 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. It is not always possible to predict to what extent NATIVA COMPLEX® COQ10 PLUS may interfere with your daily activities. Ensure that you do not engage in the above activities until you are aware of the measure to which NATIVA COMPLEX® COQ10 PLUS affects you.

3. How to take NATIVA COMPLEX® COQ10 PLUS

Do not share medicines with any other person.

Always take NATIVA COMPLEX® COQ10 PLUS exactly as described in this leaflet or as your doctor, pharmacist or nurse has told you. You should check with your doctor, pharmacist or nurse 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 and NATIVA COMPLEX® COQ10 PLUS**).

If you take more NATIVA COMPLEX® COQ10 PLUS than you should

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

If you forget to take NATIVA COMPLEX® COQ10 PLUS

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 PLUS

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 PLUS can have side effects. Not all side effects reported for NATIVA COMPLEX® COQ10 PLUS are included in this leaflet. Should your general health worsen or if you experience any untoward effects while taking NATIVA COMPLEX® COQ10 PLUS, 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. These are all very serious side effects. If you have them, you may have had a serious reaction to NATIVA COMPLEX® COQ10 PLUS. You may need urgent medical attention or hospitalisation.

Tell your doctor immediately or go to the casualty department at your nearest hospital 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.
- Increased risk for developing type 2 diabetes.
- Headaches and dizziness.
- Photophobia (sensitivity to light).
- Abdominal discomfort, diarrhoea, heartburn, nausea, vomiting, appetite suppression, flatulence and dry mouth.

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 the SAHPRA via the Med Safety APP (Medsafety X SAHPRA) and eReporting platform (who-umc.org) found on SAHPRA website.

By reporting side effects, you can help provide more information on the safety of NATIVA COMPLEX® COQ10 PLUS.

5. How to store NATIVA COMPLEX® COQ10 PLUS

- Store all medicines out of reach of children.
- Store in a dry place at or below 25 °C.
- Protect from light and moisture.
- Keep in original packaging until use.
- Close cap firmly after use.
- 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 PLUS contains

Active ingredients	Per capsule (maximum daily dose)	% NRV* per maximum daily dose
Coenzyme Q10 (ubidecarenone)	150 mg	*
Magnesium oxide providing magnesium (elemental)	132,67 mg 80 mg	19 %
Selenium glycinate providing: selenium (elemental) glycine	5 mg 100 µg 4,9 mg	182 % *
Cholecalciferol (vitamin D3)	500 IU (12,5 µg)	83 %

*Nutrient reference values for adults and children older than 4 years.

*NRV not established.

The other ingredients or excipients are: colloidal silicon dioxide, magnesium stearate, maize starch and gelatine capsule (capsule constituents: bovine gelatine, colourants, titanium dioxide).

NATIVA COMPLEX® COQ10 PLUS is sugar and preservative free.

What NATIVA COMPLEX® COQ10 PLUS looks like and contents of the pack

NATIVA COMPLEX® COQ10 PLUS are red capsules, available in a white plastic container with a red flip-top cap. It contains 30 capsules in a printed unit carton, that includes a patient information leaflet.

Holder of Certificate of Registration

Nativa (Pty) Ltd
260 Cradock Avenue, Lyttelton, Centurion, 0157, Gauteng, South Africa

Tel: +27 (0) 12 664 7110

Customer care line: 0860 628 482

Email: health@nativa.co.za

Website: www.nativa.co.za

This leaflet was last revised in

January 2025

Date of registration

To be allocated

Registration number

To be allocated

Professional Information

The NATIVA COMPLEX® COQ10 PLUS Professional Information may be obtained from the Nativa website (www.nativa.co.za).