

Fertiedge Plus Softgel

Micronised Dehydroepiandrosterone 75mg + Melatonin 3mg + Ubidecarenone (Coenzyme Q10) 100mg

Introduction

This advanced formulation combines three essential bioactive compounds—**Micronised Dehydroepiandrosterone (DHEA), Melatonin, and Ubidecarenone (Coenzyme Q10)**—which play a vital role in hormonal balance, sleep regulation, and cellular energy production. It is specifically designed to support age-related hormonal decline, improve sleep quality, and enhance mitochondrial function for optimal cellular health.

Pharmacological Profile

1. Micronised Dehydroepiandrosterone (DHEA) – 75mg

Overview:

DHEA is a naturally occurring adrenal steroid hormone that serves as a precursor to androgens and estrogens. It plays a critical role in maintaining energy levels, immune function, and cognitive well-being.

Mechanism of Action:

- DHEA is converted into **testosterone and estrogen**, helping to maintain hormonal equilibrium.
- Enhances **insulin sensitivity** and may aid in metabolic regulation.
- Modulates **immune response**, promoting anti-inflammatory effects.
- Improves **bone density** and reduces the risk of osteoporosis in aging individuals.

Clinical Benefits:

- Supports **hormonal balance**, particularly in age-related deficiencies.
- May improve **mood, cognition, and overall mental clarity**.
- Helps in **reducing fatigue and enhancing vitality**.
- Beneficial in conditions like **adrenal insufficiency, chronic fatigue syndrome, and metabolic disorders**.

2. Melatonin – 3mg

Overview:

Melatonin is a **natural sleep-inducing hormone** produced by the pineal gland, essential for regulating circadian rhythms and improving sleep quality.

Mechanism of Action:

- **Binds to melatonin receptors (MT1 & MT2)** in the brain to induce sleep.
- **Regulates circadian rhythms**, aiding in the synchronization of the body's internal clock.
- Exhibits **antioxidant effects**, protecting neural tissues from oxidative stress.
- Modulates **immune function**, reducing inflammation and promoting cellular repair.

Clinical Benefits:

- **Promotes restful sleep** and reduces insomnia.
- Helps in managing **jet lag and shift work-related sleep disturbances**.
- Acts as a **neuroprotective agent**, reducing the risk of neurodegenerative disorders.
- May improve **mood stability and anxiety control**.

3. Ubidecarenone (Coenzyme Q10) – 100mg

Overview:

Coenzyme Q10 (CoQ10) is a **potent antioxidant** and an essential component of the mitochondrial electron transport chain, crucial for energy production at the cellular level.

Mechanism of Action:

- Participates in **ATP synthesis**, improving mitochondrial energy production.
- Reduces **oxidative stress**, preventing cell damage and aging.
- Supports **cardiovascular health** by enhancing endothelial function and reducing cholesterol oxidation.
- Improves **muscle function** and may reduce symptoms of fatigue-related disorders.

Clinical Benefits:

- **Enhances cellular energy levels**, reducing fatigue and improving stamina.
- **Supports heart health**, potentially lowering the risk of cardiovascular diseases.
- Exhibits **anti-aging properties**, reducing the impact of oxidative stress on tissues.
- May aid in **neurological disorders**, such as Parkinson's disease and migraines.

Indications & Therapeutic Uses

This formulation is beneficial for individuals experiencing:

- **Hormonal imbalances** due to aging or adrenal insufficiency.
 - **Sleep disturbances**, including insomnia and irregular sleep cycles.
 - **Chronic fatigue syndrome** and conditions linked to low energy levels.
 - **Cardiovascular health concerns**, including hypertension and endothelial dysfunction.
 - **Cognitive decline**, oxidative stress-related disorders, and neuroprotection.
-

Dosage & Administration

- **Standard Dose:** 1 capsule per day, or as directed by a healthcare provider.
- **Best Time to Take:** Preferably at night before bedtime for optimal melatonin absorption.
- **Administration:** Swallow with water; avoid crushing or chewing.

Contraindications

This supplement is not suitable for:

- **Pregnant or lactating women** unless prescribed by a physician.
- Individuals with **hormone-sensitive conditions** (such as breast, ovarian, or prostate cancer).
- Patients with **autoimmune disorders**, unless supervised by a doctor.
- People on **anticoagulants, sedatives, or hormone replacement therapy** without prior consultation.

Possible Side Effects

Though generally well-tolerated, some individuals may experience:

- **Mild androgenic effects** (such as acne or hair growth) due to DHEA.
- **Drowsiness or altered sleep patterns** from melatonin.
- **Gastrointestinal discomfort or mild hypotension** from Coenzyme Q10.

Drug Interactions

- **DHEA** may interact with **corticosteroids, insulin, and hormonal therapies**.
- **Melatonin** may enhance the effects of **sedatives, antidepressants, and blood pressure medications**.
- **Coenzyme Q10** may interfere with **statins, anticoagulants, and antihypertensive drugs**.

Consult a healthcare provider before use to avoid potential interactions.

Storage Guidelines

- Keep in a **cool, dry place** away from direct sunlight.
- Store at **room temperature (below 25°C)**.
- **Keep out of reach of children.**

Conclusion

This formulation provides a **powerful combination of hormonal support, sleep enhancement, and cellular energy optimization**, making it an ideal supplement for individuals looking to improve **vitality, sleep quality, and overall well-being**.

Always seek medical advice before beginning supplementation, particularly if you have pre-existing health conditions or are taking prescription medications.

Manufactured in India for:



Cafoli Lifecare Pvt. Ltd.

(An ISO 9001: 2015 Certified Co.)

Plot no.: 367-FF, Industrial Area Phase-I,
Panchkula-134113

TM: Trademark Applied for