

Information For the Use  
Co-Enzyme Q10( Ubidecarenone) BP 100mg  
L-Carnitine L-Tartrate 50mg  
Lycopene USP 4000mcg  
Selenium Dioxide USP 65mcg  
Omega-3 Fatty Acids BP 150m

## Lycology Q10 Softgel

**Co-Enzyme Q10 (Ubidecarenone) BP 100 mg + L-Carnitine L-Tartrate 50 mg + Lycopene USP 4000 mcg + Selenium Dioxide USP 65 mcg + Omega-3 Fatty Acids BP 150 mg Softgel**

### Description:

This combination softgel is a potent blend of **antioxidants**, **fatty acids**, and **nutrients** that support overall health and wellness. The formulation provides **Co-Enzyme Q10**, a powerful antioxidant for heart and cellular energy, **L-Carnitine L-Tartrate** for fat metabolism and exercise performance, **Lycopene** for its antioxidant properties, **Selenium Dioxide** for its role in protecting cells from oxidative damage, and **Omega-3 Fatty Acids** for cardiovascular and cognitive health.

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### Composition (Per Softgel Capsule):

- **Co-Enzyme Q10 (Ubidecarenone) BP: 100 mg**
- **L-Carnitine L-Tartrate: 50 mg**
- **Lycopene USP: 4000 mcg**
- **Selenium Dioxide USP: 65 mcg**
- **Omega-3 Fatty Acids BP: 150 mg**

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### Indications:

This combination softgel is indicated for:

- **Cardiovascular Health:**
  - **Co-Enzyme Q10** helps support heart health by improving energy production in the heart muscle and providing antioxidant protection.
  - **Omega-3 Fatty Acids** help maintain healthy cholesterol levels and support overall heart health.
- **Cellular Energy and Vitality:**
  - **Co-Enzyme Q10** is vital for cellular energy production, particularly for high-energy organs like the heart.

- **L-Carnitine L-Tartrate** plays a role in energy production by facilitating the transport of fatty acids into the cells to be used as energy.
- **Antioxidant Support:**
  - **Lycopene** and **Selenium** provide powerful antioxidant effects to protect cells from oxidative stress and free radical damage.
  - **Lycopene** is particularly beneficial for skin, eye, and prostate health.
  - **Selenium** supports immune function and contributes to cellular protection.
- **Fat Metabolism and Exercise Performance:**
  - **L-Carnitine L-Tartrate** is known to enhance fat metabolism and improve endurance during physical activity, making it beneficial for athletes or those looking to maintain healthy body composition.
- **General Health and Well-Being:**
  - A combination of **Omega-3**, **CoQ10**, **L-Carnitine**, and **Lycopene** supports overall wellness, including cognitive function, skin health, and immune defense.

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### Dosage and Administration:

- **Adults:**
  - The usual dose is **1 softgel** capsule daily, preferably with a meal or as directed by a healthcare provider.
- **Duration of Use:**
  - For optimal benefits, this supplement can be taken long-term as part of a healthy lifestyle, unless otherwise advised by a doctor.

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### Contraindications:

This supplement is contraindicated in:

- **Hypersensitivity or allergy** to any of the ingredients (Co-Enzyme Q10, L-Carnitine L-Tartrate, Lycopene, Selenium, Omega-3).
- **Pregnancy and Breastfeeding:** Consult your doctor before use if pregnant or breastfeeding. The safety of this supplement during pregnancy is not well established.
- **Severe liver or kidney disease:** Patients with significant liver or kidney impairment should consult a healthcare provider before using this product.

- **Bleeding or bruising easily** (due to high doses of Omega-3).

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## Warnings and Precautions:

- **Gastrointestinal Effects:**
  - In some individuals, the product may cause mild gastrointestinal discomfort, such as nausea, indigestion, or diarrhea. Taking the softgel with food may reduce these effects.
- **Bleeding Risk:**
  - **Omega-3 Fatty Acids** may have a blood-thinning effect, especially when taken in large quantities. If you are on anticoagulant or antiplatelet therapy, consult your doctor before use.
- **Allergic Reactions:**
  - If you experience any signs of an allergic reaction, such as itching, rash, swelling of the face or throat, or difficulty breathing, discontinue use and seek immediate medical attention.
- **Interactions with Medications:**
  - **Omega-3 Fatty Acids** may interact with blood pressure medications, anticoagulants, and antidiabetic drugs. Always inform your healthcare provider about all medications and supplements you are taking.

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## Storage:

- Store in a cool, dry place, away from direct sunlight (between **15°C to 30°C**).
- Keep the bottle tightly closed and out of reach of children.
- Do not use after the expiration date printed on the package.

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## Note:

This product is a **dietary supplement** and should be used as part of a balanced diet and healthy lifestyle. It is not intended to diagnose, treat, cure, or prevent any disease.

Manufactured in India for:

**Cafoli**<sup>TM</sup>  
L I F E C A R E

**Cafoli Lifecare Pvt. Ltd.**

**(An ISO 9001: 2015 Certified Co.)**

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

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## Side Effects:

- **Common Side Effects:**
  - Mild stomach upset, nausea, or indigestion
  - Headache
  - Fatigue
- **Less Common Side Effects:**
  - Fishy aftertaste (due to Omega-3 fatty acids)
  - Skin rash or itching
- **Serious Side Effects:**
  - **Severe allergic reactions:** Difficulty breathing, swelling of the face, lips, tongue, or throat.
  - **Severe gastrointestinal discomfort:** Prolonged nausea, vomiting, or diarrhea.