

# Cozytime Q300 Capsule

## Coenzyme Q10 300mg Capsules

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### Composition

#### Each capsule contains:

- Coenzyme Q10 – 300mg

### Therapeutic Indications

Coenzyme Q10 (CoQ10) is a naturally occurring antioxidant in the body that is essential for the production of energy at the cellular level. This supplement is indicated for:

- Heart health: CoQ10 supports cardiovascular health by promoting energy production in heart cells and reducing oxidative stress.
- Energy levels: Helps improve overall energy and stamina by supporting mitochondrial function.
- Antioxidant protection: Protects cells from oxidative damage caused by free radicals.
- Skin health: Supports skin rejuvenation and reduces the appearance of wrinkles.
- Supporting healthy blood pressure: CoQ10 may contribute to maintaining normal blood pressure levels.
- Improved exercise performance: Enhances physical performance and recovery by increasing cellular energy.
- Neuroprotection: May support brain health and help in conditions related to cognitive decline.

### Pharmacological Action

- Coenzyme Q10: Acts as a powerful antioxidant, protecting cells and tissues from free radical damage. It also plays a crucial role in the production of adenosine triphosphate (ATP), the energy currency of the cell, particularly in high-energy organs such as the heart and brain.

### Indications

- Cardiovascular support and maintenance of healthy heart function.
- General energy and vitality enhancement.
- Antioxidant protection against oxidative stress.

- Skin health improvement and anti-aging benefits.
- Blood pressure regulation as part of a heart-healthy regimen.

### Dosage

- Adults: 1 capsule (300mg) per day or as advised by your healthcare provider.

### Precautions

- Consult your doctor before use if you are pregnant, breastfeeding, or have a known medical condition.
- Avoid if you have a CoQ10 allergy or sensitivity.
- May interact with certain medications, particularly blood thinners (e.g., warfarin). Always consult a healthcare provider before starting CoQ10 if you're on medication.

### Storage

- Store in a cool, dry place, away from direct sunlight.
- Keep out of reach of children.

### Presentation

- Available in a bottle of 30 capsules.

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Always consult your healthcare provider before beginning any new supplement regimen.

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.)

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