

## Information For the Use

Coenzyme Q10 100mg + DHA 10% 90mg + Melatonin 2mg + Chromium Picolinate 200mcg + N-acetyl L-cysteine 50mg + L-arginine 25mg + Zinc 15mg + Folic Acid 176.46mcg + Selenium 40mcg + Iodine 50mcg + Vitamin C 40mg + Vitamin A 1000 IU + Vitamin D3 400 IU + Vitamin B12 1mcg

# Fertiedge F Tablet

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### *Comprehensive Health Support Formula*

This scientifically formulated supplement combines essential vitamins, minerals, and antioxidants to support overall health and well-being. Designed for individuals seeking enhanced energy, immune function, cognitive support, and improved sleep quality, this advanced formula provides a balanced blend of nutrients that contribute to optimal bodily functions.

## Key Ingredients and Their Benefits

### *Energy, Heart, and Cellular Health*

- **Coenzyme Q10 (100mg)** – Supports cellular energy production, enhances heart function, and acts as a powerful antioxidant to protect against oxidative stress.
- **L-Arginine (25mg)** – Aids in nitric oxide production, promoting improved blood circulation and cardiovascular health.

### *Brain, Eye, and Nervous System Support*

- **DHA 10% (90mg)** – A vital omega-3 fatty acid that supports brain function, cognitive performance, and vision health.
- **Vitamin B12 (1mcg)** – Essential for nerve function, DNA synthesis, and red blood cell formation, reducing the risk of neurological disorders.

### *Sleep Regulation and Relaxation*

- **Melatonin (2mg)** – Helps regulate sleep-wake cycles, promoting restful sleep and supporting circadian rhythm balance.

### *Metabolic and Blood Sugar Regulation*

- **Chromium Picolinate (200mcg)** – A trace mineral that helps regulate blood sugar levels by enhancing insulin sensitivity.

### *Antioxidant and Detoxification Support*

- **N-Acetyl L-Cysteine (50mg)** – A precursor to glutathione, one of the body's most potent antioxidants, supporting liver detoxification and respiratory health.
- **Vitamin C (40mg)** – A powerful antioxidant that strengthens the immune system, promotes collagen synthesis, and protects against free radical damage.

### *Immune, Thyroid, and Reproductive Health*

- **Zinc (15mg)** – Plays a crucial role in immune function, wound healing, and reproductive health.
- **Selenium (40mcg)** – Supports thyroid function, protects against oxidative stress, and enhances immune response.
- **Iodine (50mcg)** – Essential for thyroid hormone production and regulation of metabolism.

### *Bone, Skin, and Cellular Growth*

- **Vitamin A (1000 IU)** – Supports healthy vision, skin health, and immune function.
- **Vitamin D3 (400 IU)** – Essential for calcium absorption, bone health, and immune system function.
- **Folic Acid (176.46mcg)** – Crucial for DNA synthesis, red blood cell formation, and fetal development during pregnancy.

## Dosage and Usage

Take **one tablet daily** with water, preferably after a meal or as directed by a healthcare professional.

## Who Can Benefit from This Supplement?

- Individuals looking for **enhanced energy, heart health, and cognitive function**
- Those struggling with **sleep issues and irregular sleep cycles**
- People needing **metabolic support and blood sugar regulation**
- Individuals aiming to **boost immunity, antioxidant protection, and thyroid health**
- Those seeking **stronger bones, healthy skin, and improved circulation**

## Safety and Precautions

- Consult a healthcare professional before use, especially if pregnant, nursing, taking medication, or having underlying medical conditions.
- Keep out of reach of children.
- Store in a cool, dry place, away from direct sunlight.

This comprehensive formula is designed to meet the nutritional needs of individuals who seek overall well-being, optimal energy levels, and better sleep quality.

Manufactured in India for:



**Cafoli Lifecare Pvt. Ltd.**

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

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