

Information For the User

Coenzyme Q10 50mg + Lcarnitine Tartrate 50mg +L- Glutamine Acid 50 mg + Ascobic acid 40mg + Nacetyl N-cyssteine 25mg + Glycine 25mg + Zinc 12 mg + Ginseng ext. powder 42.5 mg + L- Arginine 10mg + Iron 10mg + Manganese 2mg + Pyridoxine Hcl 1.5mg + Thiamine Mononitrate 1.2mg + Copper 1mg, Lycopene (10%) 5000mcg + Folic acid 200mg + Vit.A 120mg + Selenium 60 mcg + VitD3 400IU + VIT E 10IU + Adenosylcobalamine 750mcg

Fertiedge M Plus Tablet

Multivitamin and Antioxidant Supplement Tablet: Composition and Overview

Active Ingredients (Per Tablet):

- **Coenzyme Q10:** 50 mg
- **L-Carnitine Tartrate:** 50 mg
- **L-Glutamic Acid:** 50 mg
- **Ascorbic Acid (Vitamin C):** 40 mg
- **N-Acetyl-L-Cysteine (NAC):** 25 mg
- **Glycine:** 25 mg
- **Zinc:** 12 mg
- **Ginseng Extract Powder:** 42.5 mg
- **L-Arginine:** 10 mg
- **Iron:** 10 mg
- **Manganese:** 2 mg
- **Pyridoxine Hydrochloride (Vitamin B6):** 1.5 mg
- **Thiamine Mononitrate (Vitamin B1):** 1.2 mg
- **Copper:** 1 mg
- **Lycopene (10%):** 5000 mcg
- **Folic Acid:** 200 mcg
- **Vitamin A:** 120 mcg
- **Selenium:** 60 mcg
- **Vitamin D3:** 400 IU
- **Vitamin E:** 10 IU
- **Adenosylcobalamin (Vitamin B12):** 750 mcg

What is This Supplement?

This comprehensive multivitamin and antioxidant formulation is designed to support overall health, energy, and immune function. It combines key vitamins, minerals, amino acids, and herbal extracts to promote cellular health, combat oxidative stress, and enhance physical and mental performance.

Potential Benefits

1. **Energy and Metabolism**
 - **Coenzyme Q10 and L-Carnitine Tartrate:** Support mitochondrial energy production and improve physical stamina.

- **B-Vitamins (B1, B6, B12):** Vital for energy metabolism and nervous system function.
2. **Antioxidant Protection**
 - **Lycopene, Vitamin C, Vitamin E, Selenium, and NAC:** Protect cells from oxidative damage and boost immunity.
3. **Cognitive and Physical Performance**
 - **Ginseng Extract and Glycine:** Enhance mental clarity, focus, and overall vitality.
4. **Immune and Skin Health**
 - **Zinc, Vitamin A, and Vitamin D3:** Strengthen immune defenses, promote skin health, and support bone health.
5. **Cardiovascular Health**
 - **L-Arginine and Folic Acid:** Support healthy blood flow and reduce cardiovascular risks.
6. **Blood Formation and Oxygen Transport**
 - **Iron and Copper:** Essential for hemoglobin production and oxygen delivery to tissues.
7. **Bone and Joint Support**
 - **Manganese and Vitamin D3:** Aid in bone strength and joint health.

Dosage and Administration

- **Recommended Dose:** 1 tablet daily or as directed by a healthcare provider.
- **Administration:** Take with water after a meal for better absorption.

Precautions

- **Consult Your Doctor:**
 - If you are pregnant, nursing, or planning to conceive.
 - If you have a medical condition such as kidney disease, heart disorders, or allergies to any of the ingredients.
- Avoid exceeding the recommended dosage.
- Keep track of other supplements to prevent excessive intake of vitamins or minerals.

Potential Side Effects

Common:

- Mild nausea or upset stomach.
- Allergic reactions (e.g., rash, itching).

Rare but Serious:

- Imbalances in iron or copper levels if taken in excess.
 - Potential interactions with medications for blood pressure or blood sugar control.
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Drug Interactions

- **Iron and Zinc:** May reduce the absorption of certain antibiotics.
 - **Coenzyme Q10 and L-Arginine:** May interact with blood pressure medications.
 - Inform your doctor about any medications or supplements you are currently using.
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Storage

- Store in a cool, dry place, away from direct sunlight.
 - Keep out of reach of children.
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Disclaimer: This product is a dietary supplement and is not intended to diagnose, treat, cure, or prevent any disease. Always follow your healthcare provider's recommendations regarding usage and dosage.

Manufactured in India for:

CafoliTM
L I F E C A R E

Cafoli Lifecare Pvt. Ltd.

(An ISO 9001: 2015 Certified Co.)

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