

## Information For the Use

Co-enzyme Q10 60mg + DHA 10% 200mg + Panax Ginseng extract 90mg + Lycopene 10% 4mcg + Glutathione 50mg + Astaxanthin 8mg + L-Carnitine Tartrate 200mg + L-Arginine 250mg + Zinc 17mg + Selenium 40mcg + Magnesium 100mg + Vitamin C 40mg + Vitamin A 1000 IU + Vitamin D3 400 IU + Vitamin B12 1mcg + Vitamin B1 1.40mg

# Fertiedge M Tablet

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This multivitamin tablet combines a range of vitamins, minerals, and potent antioxidants to support overall health, energy production, and the immune system. The combination of Co-enzyme Q10, DHA, Panax Ginseng, and other key nutrients promotes physical and mental well-being, protects cells from oxidative damage, supports heart and brain health, and aids in immune function.

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### Composition per Tablet:

- **Co-enzyme Q10: 60 mg**
- **DHA (Docosahexaenoic Acid) 10%: 200 mg**
- **Panax Ginseng Extract: 90 mg**
- **Lycopene 10%: 4 mcg**
- **Glutathione: 50 mg**
- **Astaxanthin: 8 mg**
- **L-Carnitine Tartrate: 200 mg**
- **L-Arginine: 250 mg**
- **Zinc: 17 mg**
- **Selenium: 40 mcg**
- **Magnesium: 100 mg**
- **Vitamin C: 40 mg**
- **Vitamin A: 1000 IU**
- **Vitamin D3: 400 IU**
- **Vitamin B12: 1 mcg**
- **Vitamin B1 (Thiamine): 1.4 mg**

### Indications:

- 1. Energy Production & Vitality:**
  - The combination of CoQ10, L-carnitine, and B vitamins helps in the production of energy at the cellular level, improving overall energy levels, stamina, and vitality.
- 2. Heart Health:**
  - CoQ10 supports heart health by improving cellular energy in the heart muscle, and DHA helps in maintaining healthy cholesterol levels and promoting heart function.
- 3. Immune Support:**
  - The antioxidants Glutathione, Astaxanthin, and Lycopene protect the body from oxidative stress and support the immune system by neutralizing free radicals. Vitamin C and Selenium also enhance immune function.
- 4. Cognitive Function & Brain Health:**
  - DHA supports cognitive function and brain health, while Panax Ginseng is known for its potential to improve mental clarity, memory, and focus.
- 5. Antioxidant Protection:**
  - The combined antioxidants from Glutathione, Astaxanthin, Lycopene, and CoQ10 help neutralize free radicals and reduce oxidative damage to cells, supporting overall health and longevity.

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### Dosage & Administration:

- **Adults:**
    - Take 1 tablet daily with a meal or as directed by your healthcare provider.
  - **Administration:**
    - Swallow the tablet whole with a glass of water.
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## **Benefits of Co-enzyme Q10 + DHA + Panax Ginseng + Lycopene + Glutathione + Other Nutrients:**

- 1. Comprehensive Health Support:**
    - This combination targets various aspects of health, including energy production, immunity, brain function, cardiovascular health, and skin health.
  - 2. Holistic Anti-aging:**
    - The antioxidants and essential vitamins in this tablet work together to reduce signs of aging, enhance skin appearance, and support healthy aging at the cellular level.
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## **Side Effects:**

- **Common Side Effects:**
  - Upset stomach or mild gastrointestinal discomfort.
  - Headaches or dizziness.
- **Serious Side Effects (Rare):**
  - Persistent digestive issues or skin changes.

**If any of these serious side effects occur, discontinue use and consult your healthcare provider immediately.**

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## **Precautions:**

- 1. Allergies:**

- If you are allergic to any of the ingredients in this product, avoid using it. Seek medical advice before use.

## **2. Pregnancy & Breastfeeding:**

- Consult a healthcare provider before taking this product if you are pregnant or breastfeeding.

## **3. Chronic Health Conditions:**

- Those with chronic health conditions, such as liver or kidney disease, should consult their healthcare provider before using this supplement.

## **4. Drug Interactions:**

- **Blood thinners (e.g., Warfarin):** Vitamin E, CoQ10, and Vitamin K can interfere with blood clotting. Always inform your doctor if you are on anticoagulants.
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## **Conclusion:**

**The Co-enzyme Q10 60mg + DHA 10% 200mg + Panax Ginseng Extract 90mg + Lycopene 10% 4mcg + Glutathione 50mg + Astaxanthin 8mg + L-Carnitine Tartrate 200mg + L-Arginine 250mg + Zinc 17mg + Selenium 40mcg + Magnesium 100mg + Vitamin C 40mg + Vitamin A 1000 IU + Vitamin D3 400 IU + Vitamin B12 1mcg + Vitamin B1 1.4mg Tablet is a powerful nutritional supplement designed to support energy levels, brain health, cardiovascular health, immune function, and overall well-being.**

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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