

Information For the User
Astaxanthin 8mg, Coenzyme Q10 10 mg, L-Carnitine L- Tartrate 500mg ,Vitamin
k27 50 mcg, Magnesium sulphate 50 mg and Zinc sulphate 7.5 mg

Fertiedge Q-LC Tablet

Nutritional Supplement Tablet: Composition and Overview

Active Ingredients (Per Tablet):

- **Astaxanthin:** 8 mg
- **Coenzyme Q10 (CoQ10):** 10 mg
- **L-Carnitine L-Tartrate:** 500 mg
- **Vitamin K2-7:** 50 mcg
- **Magnesium Sulphate:** 50 mg
- **Zinc Sulphate:** 7.5 mg

- **Zinc Sulphate:** Enhances immune function, supports wound healing, and contributes to skin health.

Dosage and Administration

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

What is This Supplement?

This tablet is a carefully crafted blend of antioxidants, vitamins, amino acids, and essential minerals aimed at supporting energy production, cardiovascular health, and overall vitality.

Potential Benefits

1. **Antioxidant Protection**
 - **Astaxanthin and Coenzyme Q10:** Potent antioxidants that protect cells from oxidative damage, support skin health, and promote heart health.
2. **Energy and Metabolism**
 - **L-Carnitine L-Tartrate:** Enhances energy production by aiding fat metabolism and improving exercise performance.
 - **Coenzyme Q10:** Essential for energy generation in cells and supports cardiovascular function.
3. **Cardiovascular Health**
 - **Vitamin K2-7:** Helps regulate calcium deposition, promoting bone strength and reducing arterial calcification, thereby supporting heart health.
4. **Muscle and Nerve Function**
 - **Magnesium Sulphate:** Supports muscle relaxation, nerve function, and bone health.
5. **Immune and Skin Health**

Precautions

- **Consult Your Doctor:**
 - If you are pregnant, nursing, or planning to conceive.
 - If you are on medications for heart conditions, blood clotting disorders, or other chronic illnesses.
- Avoid exceeding the recommended dose.
- Discontinue use and seek medical advice if any adverse reactions occur.

Potential Side Effects

Common:

- Mild gastrointestinal discomfort (e.g., nausea or bloating).

Rare but Serious:

- Allergic reactions (e.g., rash, itching, or swelling).
- Imbalances in calcium or magnesium levels, particularly if combined with other supplements.

Drug Interactions

- **Coenzyme Q10** may interact with blood-thinning medications (e.g., warfarin).
 - **Vitamin K2-7** may reduce the efficacy of anticoagulant drugs.
 - Inform your doctor about all medications and supplements you are currently taking.
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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 advice regarding its usage and dosage.

Manufactured in India for:



Cafoli Lifecare Pvt. Ltd.

(An ISO 9001: 2015 Certified Co.)

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