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GENERIC NAME: COENZYME Q10 (ubiquinone, ubidecarenone) - ORAL

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USES: Coenzyme Q10 has been used for heart problems (e.g., [heart failure](#), [angina](#)), [high blood pressure](#), [Parkinson's disease](#), [gum disease](#), and certain diseases passed down through families ([Huntington's disease](#), muscular dystrophy). It has also been used for preventing [migraine](#) headaches and for preventing cell damage that may occur after surgery or treatment with certain anti-cancer drugs. If you have or think you have any of the conditions listed above, consult your doctor for advice on proper care and treatment. Coenzyme Q10 is a substance that your body normally makes. Your body uses it to help keep in good health. Some herbal/diet supplement products have been found to contain possibly harmful impurities/additives. Check with your pharmacist for more details about the brand you use. The FDA has not reviewed this product for safety or effectiveness. Consult your doctor or pharmacist for more details.

HOW TO USE: This product is taken by mouth as directed. Follow all directions on the product package. If you are uncertain about any of the information, consult your doctor or pharmacist. If you are using a liquid or powder form, carefully measure your dose using a medication-measuring device or spoon. Do not use a household spoon because you may not get the correct dose. If your liquid form is a suspension, shake the bottle well before measuring each dose. If your liquid comes in a tube/ampule, take the dose immediately after opening and discard any left over liquid. Follow the manufacturer's directions for mixing the powder form. If you are using chewable tablets or wafers, chew each dose thoroughly before swallowing. If you are using a tablet made to dissolve in the mouth, dry your hands before handling the tablet. Place each dose on the tongue and allow to dissolve completely, then swallow it with saliva or water. If your condition persists or worsens, or if you think you may have a serious medical problem, seek immediate medical attention.

SIDE EFFECTS: This product usually has very few side effects. Nausea, loss of appetite, upset stomach, or [diarrhea](#) may infrequently occur. If any of these effects persist or worsen, contact your doctor promptly. A very serious allergic reaction to this product is rare. However, seek immediate medical attention if you notice any of the following symptoms of a serious allergic reaction: [rash](#), itching/swelling (especially of the face/tongue/throat), severe [dizziness](#), trouble breathing. This is not a complete list of possible side effects. If you notice other effects not listed above, contact your doctor or pharmacist. In the US - Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088. In Canada - Call your doctor for medical advice about side effects. You may report side effects to Health Canada at 1-866-234-2345.

PRECAUTIONS: Before taking coenzyme Q10, tell your doctor or pharmacist if you are allergic to it; or to [soy](#) (found in some brands); or if you have any other allergies. If you have any of the following health problems, consult your doctor or pharmacist before using this product: [diabetes](#), [heart disease](#). Liquid forms, chewable tablets, or dissolving forms of this product may contain sugar, alcohol, or aspartame. Caution is advised if you have diabetes, alcohol dependence, [liver disease](#), [phenylketonuria](#) (PKU), or any other condition that requires you to limit/avoid these substances in your diet. Ask your doctor or pharmacist about using this product safely. This product is not recommended for use during [pregnancy](#). Consult your doctor before using this product. It is not known whether this product passes into breast milk. Consult your doctor before breast-feeding.

DRUG INTERACTIONS: If you are taking this product under your doctor's direction, your doctor or pharmacist may already be aware of any possible drug interactions and may be monitoring you for them. Do not start, stop, or change the dosage of any medicine before checking with your doctor or pharmacist first. Before using this product, tell your doctor or pharmacist of all prescription and nonprescription medications you may use, especially of: drugs for high blood pressure, "blood thinners" (e.g., [warfarin](#)), drugs for diabetes, drugs for high [cholesterol](#) (e.g., [atorvastatin](#), [lovastatin](#)). This document does not contain all possible interactions. Therefore, before using this product, tell your doctor or pharmacist of all the products you use. Keep a list of all your medications with you, and share the list with your doctor and pharmacist.

OVERDOSE: If overdose is suspected, contact your local poison control center or emergency room immediately. US residents can call the US National Poison Hotline at 1-800-222-1222. Canada residents can call a provincial poison control center.

NOTES: Keep all regular medical and laboratory appointments.

MISSED DOSE: If you are taking this product on a regular schedule and miss a dose, use it as soon as you remember. If it is near the time of the next dose, skip the missed dose and resume your usual dosing schedule. Do not double the dose to catch up.

STORAGE: Refer to storage information printed on the package. Protect the liquid form of this medication from light. If you have any questions about storage, ask your pharmacist. Keep all medicines and herbal products away from children and pets. Do not flush medications down the toilet or pour them into a drain unless instructed to do so. Properly discard this product when it is expired or no longer needed. Consult your pharmacist or local waste disposal company for more details about how to safely discard your product.

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Report Problems to the Food and Drug Administration

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit the [FDA MedWatch](#) website or call 1-800-FDA-1088.



Need help identifying pills and medications?
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