



## Special Precautions and Warnings

DHEA is not recommended for use in breast or prostate cancer and Insufficient data regarding the safety and efficacy in pregnancy and lactation. Allergies such as Itching or rashes are reported in formulations having CoQ10. CoQ10 may decrease blood pressure, and careful administration to be recommended in patients with low blood pressure or taking blood pressure medications. People having liver disease, or taking medicines which can harm the liver should use CoQ10 carefully as it increases the liver enzymes. Limited data is available; hence CoQ10 use should be avoided in nursing mothers, children, and infants. Melatonin when administered orally is considered safe. Minor and commonly occurring side effects include drowsiness during day time, headache, dizziness, transient depressive symptoms, mild tremor, mild anxiety, abdominal cramps, irritability, reduced alertness, confusion, nausea, vomiting, and hypotension. Melatonin is regarded safe when used orally up to 9 months, parenterally or topically up to 2 months when used as per recommendations. Also, much data is not available regarding use of melatonin in breast feeding mothers and infants.

## Overdose

Inhibition of ovulation was reported with high doses of melatonin administration either orally or parenterally, hence not advisable for women planning to conceive. Immediately consult a healthcare facility or physician in case of accidental overdose. More than recommended dose of DHEA may cause in acne, over hair-growth, deepening of voice in women, irritability, mood changes, over-stimulation, insomnia and fatigue. In women, fertility may be hampered by inhibited by the androgenic metabolites of DHEA. But, no toxicity has been observed in dosages 100 times more than the generally recommended dose, administered over a period of two years.

## Drug Interactions

CoQ10 may interact with herbs and dietary supplements such as licorice and horsetail, or supplements that also lower blood pressure, which help to lower cholesterol , alter the blood sugar levels , Red rice yeast may reduce the normal levels of CoQ10 in the body. CoQ10 may interact with the effects of L-carnitine, vitamin A, C, or E, with blood-thinning agents, such as garlic Ginkgo biloba, or saw palmetto, with herbs which are used in Alzheimer's disease, heart disorders, diabetes, cancer, viral conditions and immune system-alteration. Melatonin when used along with blood-thinning agents, such as warfarin, may enhance the risk of bleeding. Even at a small dose of 1mg, Melatonin administration has shown lowering of blood pressure, hence should not be used in combination with beta-blockers and anti-hypertensive's as it may cause hypotension 34Melatonin may increase the effect of sedative medications. It may affect the blood glucose and insulin levels; hence prescribing melatonin along with glucose-lowering medications should be carefully done

## Shelf Life

Best before 24 months from the date of manufacture. Refer product label for manufacture date.

## Presentation

In a box containing 1X10 capsules.

## Storage

Store in a cool & dry place, before 25°C. Protect from light and moisture. Keep out of reach of children.

## References:

1. [https://www.fertstert.org/article/S0015-0282\(10\)01435-4/fulltext](https://www.fertstert.org/article/S0015-0282(10)01435-4/fulltext)
2. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2992540/>
3. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5870379/>
4. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6769719/>
5. Dehydroepiandrosterone (DHEA) supplementation for poor responders – how does it work? - Fertility and Sterility (fertstert.org)
6. Ups J Med Sci. 2020, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7721040/>

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