

iMedix: Your Personal Health Advisor.

UBIQUINOL

Search for medical details concerning coenzyme Q10 (ubiquinol) oral on iMedix including its uses, side effects and safety, interactions, pictures, warnings and user ratings.

- **ActiveIngredient:**
- **DosageForm:**
- **Dosage:**
- **Indications:**
- **Manufacturer:**
- **Storage:**
- **Market Price:**
- **Drug Status:**

Description

Side Effects This product usually has very few side effects. Nausea, loss of appetite, upset stomach, or diarrhea may rarely occur. If any of these effects last or get worse, tell your doctor promptly. A very serious allergic reaction to this product is rare. However, get medical help right away if you notice any symptoms of a serious allergic reaction, including: 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. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088 or at www.fda.gov/medwatch. In Canada – Call your doctor for medical advice about side effects. You may report side effects to Health Canada at 1-866-234-2345. How long does it take for this medicine to take effect? The time it takes for ubiquinol to exert its effects can vary widely among individuals, depending on the purpose of supplementation, baseline CoQ10 levels, and specific health conditions being addressed. Some people may notice improvements in symptoms such as increased energy levels or reduced muscle fatigue within a few weeks, but for others, it may take two months or more to observe noticeable benefits. How long do the effects of this medicine last? The duration of ubiquinol's effects in the body will depend on various factors, including dosage, frequency of supplementation, and individual metabolic differences. CoQ10 is fat-soluble, so it accumulates in tissues and is eliminated from the body relatively slowly, which could sustain its effects for some time even after cessation of supplementation. Regular daily supplementation is typically required to maintain elevated levels of CoQ10 in the body. Is it safe to consume alcohol while taking this medicine? There are no well-documented interactions between alcohol consumption and ubiquinol supplementation. However, excessive alcohol consumption can contribute to liver damage and may potentially impair the body's ability to utilize CoQ10 effectively. Moderation in alcohol consumption is generally recommended for overall health. Is this a habit forming medicine? Ubiquinol does not have habit-forming properties. It is a naturally occurring substance in the body and does not interact with the brain's reward pathways in a manner that would lead to addiction or dependence. Can this medicine be taken during pregnancy? Limited data are available on the use of CoQ10 or ubiquinol supplementation during pregnancy. While CoQ10 is a naturally occurring substance in the body, the safety of supplemental doses during pregnancy has not been thoroughly studied. Pregnant women should consult with a healthcare provider before starting any new supplement, including ubiquinol, to ensure it is appropriate for their specific health situation. Can this medicine be taken while breast-feeding? There is limited research on the effects of supplemental ubiquinol during breastfeeding. Given the

importance of CoQ10 in energy production and as an antioxidant, it is generally considered safe in natural dietary amounts. However, the safety of higher doses from supplements for nursing infants is not well established. Breastfeeding mothers should consult a healthcare professional before using ubiquinol supplements to discuss potential risks and benefits. Uses Coenzyme Q10 has been used for heart problems (such as 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 reducing the number of migraine headaches and for reducing 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 UBIQUINOL This product is taken by mouth as directed. Follow all directions on the product package. If you have any questions, ask 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. Do not crush or chew extended-release tablets. Doing so can release all of the drug at once, increasing the risk of side effects. Also, do not split the tablets unless they have a score line and your doctor or pharmacist tells you to do so. Swallow the whole or split tablet without crushing or chewing. If your condition lasts or gets worse, or if you think you may have a serious medical problem, get medical help right away.

Precautions Before taking coenzyme Q10, tell your doctor or pharmacist if you are allergic to it; or if you have any other allergies. This product may contain inactive ingredients, which can cause allergic reactions or other problems. Talk to your pharmacist for more details. 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.

During pregnancy, this product should be used only when clearly needed. Discuss the risks and benefits with your doctor. It is unknown if this product passes into breast milk. Consult your doctor before breast-feeding.

Overdose If someone has overdosed and has serious symptoms such as passing out or trouble breathing, call 911. Otherwise, call a poison control center right away. US residents can call their local poison control center at 1-800-222-1222. Canada residents can call a provincial poison control center. Keep all medical and lab appointments. If you are taking this product on a regular schedule and miss a dose, take it as soon as you remember. If it is near the time of the next dose, skip the missed dose. Take your next dose at the regular time. Do not double the dose to catch up. 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 medications 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.

Interactions Drug interactions may change how your medications work or increase your risk for serious side effects. This document does not contain all possible drug interactions. Keep a list of all the products you use (including prescription/nonprescription drugs and herbal products) and share it with your doctor and pharmacist. Do not start, stop, or change the dosage of any medicines without your doctor's approval. Some drugs that may interact with this product are: drugs for high blood pressure, "blood thinners" (such as warfarin), drugs for diabetes, drugs for high cholesterol (such as atorvastatin, lovastatin).

Side Effects

Uses

Interactions

Other Details
