



Category

Multivitamin/mineral supplement



How to Use

One tablet twice daily with meal



When to Use

In the morning & evening

Indications



Improving overall health



Supporting energy production and metabolism



Reduction of fatigue resulted from an unbalanced diet

Migraine headache

- **CoQ10** and **L-carnitine** are possibly effective in migraine headache prophylaxis.
- **CoQ10, Vitamin D, and magnesium** may help reduce the frequency, severity, and duration of migraines.



Fatigue

- **CoQ10** seems to reduce fatigue and depression associated with Multiple Sclerosis (MS).
- **Vitamin D** supplementation is associated with reduced fatigue in MS patients.



Diabetic neuropathy

- **CoQ10** and **vitamin D** may reduce symptoms in patients with diabetic neuropathy.
- **Vitamin D** deficiency can play a significant role in the development of diabetic peripheral and autonomic neuropathy.



Fibromyalgia

- **CoQ10** supplementation reduces fatigue, tender point count, and pain in patients with fibromyalgia.
- A negative correlation has been found between **vitamin D and B12 levels** and fibromyalgia symptoms.



Supplement Facts

Ingredients	Amount per Serving	% Daily Value
 Vitamin A	1000 IU	33
 Vitamin B1	1.1 mg	92
 Vitamin B6	1.5 mg	88
 Vitamin B12	0.002 mg	83
 Vitamin D3	1000 IU	125
 Vitamin C	75 mg	83
 Vitamin E	8.34 IU	25
 Calcium (as calcium carbonate)	250 mg	19
 Coenzyme Q10	60 mg	*
 Folic acid	0.4 mg	167
 Magnesium (as magnesium oxide)	160 mg	38
 L-Carnitine	100 mg	*
 Selenium (as sodium selenite anhydrous)	0.027 mg	49

*Daily value not established.

Packaging

60 tablets per container

Serving Size

2 tablets

کد پزل تامین اجتماعی: ۸۴۸۸۹

کد پزل بیمه سلامت: ۳۶۷۵۵

References



Orchid Pharmed
Sky's the Limit



Arvand Pharmed