

QUROZYME

Co enzyme Q10 60 mg, L-Carnitine L-Tartrate 1000 mg, Lycopene 2500 mcg, Zinc Oxide 12.5 mg Tablets



Clinical effectiveness:

<u>Article:- I</u>

*Coenzyme Q 10 supplementation in infertile men with idiopathic asthenozoospermia: an open, uncontrolled pilot study*¹.

♂ Objective:

To clarify a potential therapeutic role of coenzyme Q 10 (Co Q 10) in infertile men with idiopathic asthenozoospermia.

o Patient:

Infertile men with idiopathic asthenozoospermia.

♂ Intervention:

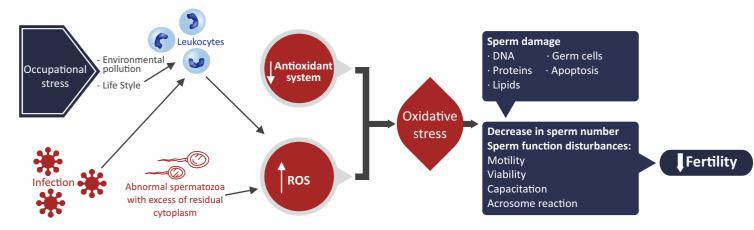
CoQ10 was administered orally and semen samples were collected at baseline after 6 months of therapy. Main Outcome Measure (S): Semen kinetic parameters, including computer-assisted sperm data and CoQ 10 and phosphatidylcholine levels.

♂ <u>Result:</u>

Co Q 10 levels increased significantly in seminal plasma and in sperm cells after treatment. Phosphatidylcholine levels also increased. A significant increase was also found in sperm cell motility as confirmed by computer-assisted analysis. A positive dependence (using the Cramer's index of association) was evident among the relative variations, baseline and after treatment, of seminal plasma or intracellular Co Q 10 content and computer-determined kinetic parameters.

♂ <u>Conclusion:</u>

The exogenous administration of Co Q 10 plays a positive role in the treatment of asthenozoospermia. This is probably the result of its role in mitochondrial bioenergetics and its antioxidant properties.



Harmful effects of Reactive Oxygen Species (ROS) on Male Fertility:

References:-

Fertil Steril. 2004 Jan;81(1):93-8.

2. Andrologia.1994;26:155-159.

Article:- II

L- carnitine in idiopathic asthenozoospermia: a multicenter study².

♂ Objective:

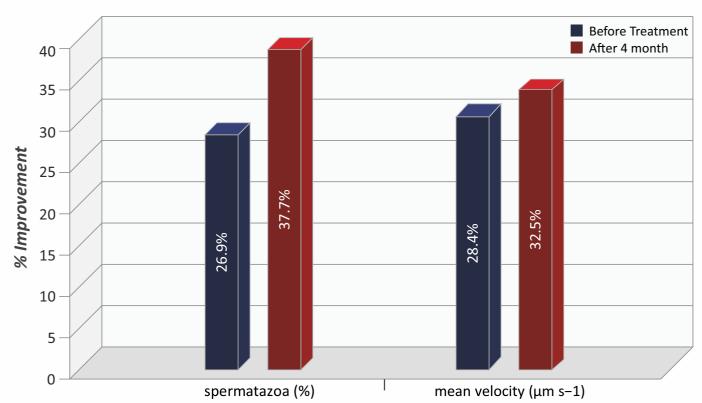
The aim of the study was to evaluate possible effect of L-carnitine on spermatozoa motility in a group of patients with unexplained asthenozoospermia in four different infertility centres.

o <u>Method:</u>

One hundred patients received 3g/Day of oral L-carnitine for 4 months. Sperm parameters were studied before, during and after this treatment. Motility was also studied by means of a computer-assisted sperm analysis.

o <u>Result:</u>

The results of the study indicate that L-carnitine is able to increase spermatozoa motility, both in a quantitative and in a qualitative manner (per cent motile spermatozoa increased from $26.9\pm1.1\%$ to $37.7\pm1.1\%$ per cent spermatozoa with rapid linear progression increased from $10.8\pm0.6\%$ to $18.0\pm0.9\%$ mean velocity increased from $28.4\pm0.6 \ \mu m \ s^{-1}$ to $32.5\pm0.8 \ \mu m \ s^{-1}$ linearity index increased from 3.7 ± 0.1 to 4.1 ± 0.1 , especially in the subgroup of patients with poor rapid linear progression of spermatozoa (per cent of motile spermatozoa increased from $19.3\pm1.9\%$ to $40.9\pm1.4\%$, and per cent of spermatozoa with rapid linear progression increase in spermatozoa output was also observed (total number of ejaculated spermatozoa increased from $142.4\pm10.3\times10^6$ to $163.3\pm11.0\times10^6$).



<u>L- Carnitine Efficacy in spermatogenesis².</u>

Opening up a Ray of Hope





Co enzyme Q10 60 mg, L-Carnitine L-Tartrate 1000 mg, Lycopene 2500 mcg, Zinc Oxide 12.5 mg Tablets

Indication:

O Male Infertility O Chronic Prostatitis **O** Reduce prostate cancer risk

Pharmacology:

d Ubidecarenone:

An antioxidant, an energy promoting agent, a membrane stabilizer and a regulator of mitochondrial permeability transition pores.

- In Male Infertility- Improves semen parameters (Sperm density, sperm motility, sperm morphology, sperm count)¹. •
- Moderate levels of circulating CoQ10 reduces prostate cancer risk². •
- Protective in renal lithiasis patients undergoing Extracorporeal shockwave lithotripsy(ESWL)³.

d Lycopene:

The efficient singlet-oxygen (a reactive oxygen species) quencher.

Decreases lipid peroxidation and DNA damage, spermatozoa is less vulnerable to oxidative damage⁴.

C L-Carnitine L-Tartrate:

Maintains an active oxidative phosphorylation.

Improves sperm concentration, motility and vitality⁵.

d Zinc:

An essential element for growth and development, retards the oxidative process.

Reduces symptoms in chronic prostatitis due to oxidative stress⁶. •

Dosage:

Two Tablets a day or as directed by Healthcare Practitioner.

Storage:

Store protected from light & moisture under 30 C.

References:-

- 1. The journal of urology; 182: 237-248: 2009
- Cancer Epidemiol Biomarkers Prev; 20(4): 708–710: 2011
 BJU International; 113: 942-950: 2014
- 4. International Urology and Nephrology; 34(3): 369-372: 2002 5. Zhonghua Nan Ke Xue; 13(2): 143-146: 2007
- The Indonesian Journal of Internal Medicine; 45(4): 259-264: 2013 6.

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