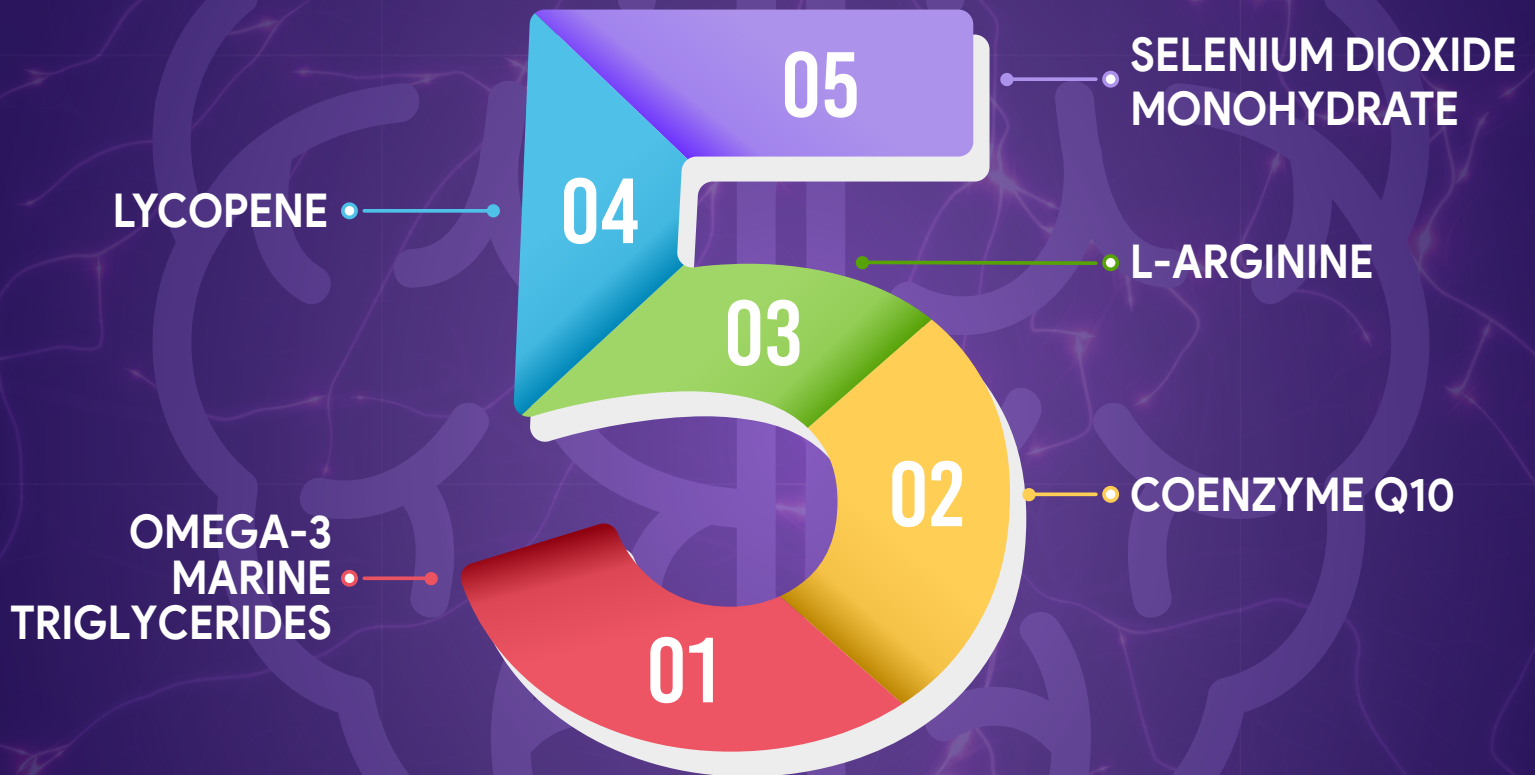


MIND AND NERVES POWERED BY THE PERFECT



QUOGRESS **NEW**

Omega-3 Marine Triglycerides 300 mg, Coenzyme Q10 100 mg, L-Arginine 100 mg,
Lycopene 400 mcg, Selenium Dioxide Monohydrate 100 mcg SG Capsules

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BACKGROUND :

- Globally, over 300 million people suffer from depression, accounting for 4.4% of the world's population, while migraine affects 11.6% of the people.
- Additionally, neurodegenerative disorders, such as Alzheimer's and Parkinson's disease, are increasingly prevalent, with millions of individuals worldwide impacted by these conditions.
- This diverse combination not only targets migraines and depression but also specifically addresses neurodegenerative diseases, making it suitable for individuals with a wider range of neurological concerns.

OMEGA-3 MARINE TRIGLYCERIDES 300 MG

CLINICAL EVIDENCE :

- Omega-3 supplementation significantly reduced cognitive decline in very mild Alzheimer's patients and also showed a positive effect on depressive symptoms, with a notable decrease in depression scores ($P \leq 0.005$).^{1,2}
- In dementia omega-3 offers, affordable, and non invasive way to potentially delay disease progression and improve quality of life.³
- Omega-3 fatty acids are well-tolerated option for managing and reducing early-stage neurodegenerative diseases, offering a biologically plausible therapeutic approach.^{3,4}
- RCTs indicate that omega-3 fatty acids as adjuvant therapy can reduce Parkinson's Disease symptoms, slow disease progression, and enhance gene expression related to inflammation, insulin, and lipids.^{5,6,7}

References: 1. *The American journal of clinical nutrition*. 2008 Jun 1;87(6):1616-22. | 2. *Journal of affective disorders*. 2008 Dec 1;111(2-3):351-9. | 3. *Expert Review of Neurotherapeutics*. 2024 Mar 3;24(3):313-24. | 4. *International journal of molecular sciences*. 2019 Aug 30;20(17):4256. | 5. *Neurochemistry international*. 2017 Sep 1;108:183-9. | 6. *Clinical Neurology and Neurosurgery*. 2021 Nov 1;210:106954. | 7. *Clinical neurology and neurosurgery*. 2019 Jan 1;176:116-21.

COENZYME Q10 100 MG

CLINICAL EVIDENCE :

- A deficiency of CoQ10 is associated with the pathogenesis of migraine, the American Academy of Neurology guidelines recommended a supplementation with CoQ10 in migraine prevention.¹
- A significant improvement was found in frequency ($p = 0.018$), severity ($p = 0.001$) and duration ($p = 0.012$) of migraine attacks in CoQ10 group compared to placebo.²
- CoQ10 supplementation reduces the severity, duration, and frequency of migraines, with no reported side effects, making it ideal for patients with comorbidities, children, and women, including those who are pregnant.^{2,3}
- CoQ10 supplementation improves depression and fatigue in multiple sclerosis patients and enhances antidepressant effects in older adults with bipolar depression when used as adjunctive therapy.^{4,5}

References: 1. *Nutrients* 2021, 13, 1697 | 2. *Nutr Neurosci*. 2019 Sep;22(9):607-615. | 3. *Acta Neurol Belg* DOI 10.1007/s13760-016-0697-z | 4. Sanoobar et al. Does coenzyme Q10 improve fatigue and depression? | 5. *J Clin Psychopharmacol*. 2015 June ; 35(3): 338-340

L-ARGININE 100 MG

CLINICAL EVIDENCE :

- L-arginine prevents neuron apoptosis and induces neuron survival.¹
- It has anti-inflammatory properties.²
- In high-risk populations L-arginine helps to counteract cognitive impairment.²

References: 1. *Int J Clin Exp Pathol*. 2009; 2(3): 211–238 | 2. *Front. Cardiovasc. Med.*, 12 April 2022

LYCOPENE 400 MCG

CLINICAL EVIDENCE :

- Lycopene can traverse blood-brain barrier (BBB) and reach brain.¹
- It offers potential neuroprotection against neurodegenerative disorders in the central nervous system (CNS).¹

Reference: 1. *Neurochemistry International*. 2020 Nov 1;140:104823

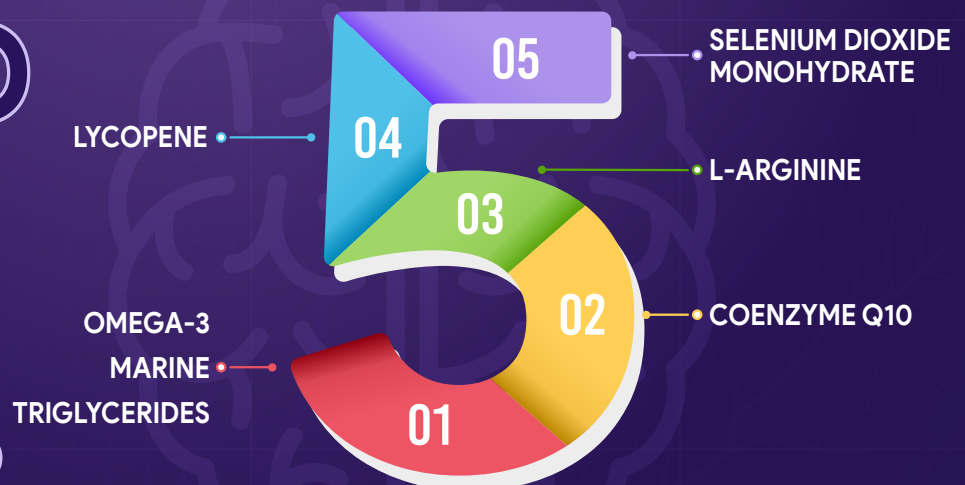
SELENIUM DIOXIDE MONOHYDRATE 100 MCG

CLINICAL EVIDENCE :

- Selenium enhances brain health by protecting brain cells, supporting neurotransmission, regulation of calcium channels and promoting the growth of new brain cells.^{1,2}
- This mineral has potential antioxidant and anti-inflammatory activities showing its importance to normal brain physiological function.³
- It also increases the activity of glutathione peroxidase (GPx), an antioxidant enzyme that helps protect against neurodegenerative diseases.⁴
- Selenium not only acts as an antioxidant but also aids in neuron signaling, helping to maintain cognitive function and prevent Alzheimer's disease.⁵

References: 1. *Frontiers in Neuroscience*. 2021 Apr 15;15:666601 | 2. *Antioxidants (Basel)*. 2022 Feb; 11(2): 251. | 3. *Metallomics*, 2015, 7, 1213 | 4. *Nutrients*. 2023 Sep; 15(17): 3706. | 5. *Neuropediatrics*. 1994 Aug;25(4):217–23.

MIND AND
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THE PERFECT 5



QUOGRESS **NEW**

Omega-3 Marine Triglycerides 300 mg, Coenzyme Q10 100 mg, L-Arginine 100 mg, Lycopene 400 mcg, Selenium Dioxide Monohydrate 100 mcg SG Capsules

DESCRIPTION :

- **QUOGRESS NEW** is revamped promising formula available in form of capsules containing combination of Coenzyme Q10, Selenium Dioxide Monohydrate, L-Arginine, Lycopene and Omega-3 Marine Triglycerides.
- The inclusion of Omega-3 Marine Triglycerides and L-Arginine enhances mood and cognitive benefits, promoting overall brain function more effectively.
- Additionally, the antioxidant protection offered by Lycopene and Selenium helps combat oxidative stress, while L-arginine improves blood circulation, ensuring better nutrient delivery to the brain.
- Overall, **QUOGRESS NEW** provides a more holistic approach to brain health, making it an ideal choice for those seeking comprehensive support.

INDICATION :

It is indicated for Neurodegenerative disorders, Depression and Migraine.

DOSAGE :

As directed by the Physician.

PRESENTATION :

Available as a strip of 15 Capsules.



Scan the QR Code for more prescribing information

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