

WHAT IS CFS?

Chronic Fatigue Syndrome (CFS) is a condition characterized by extreme fatigue that lasts for at least **6 months** and does not improve with rest.

Symptoms



Post activity fatigue



Dizziness



Muscle & Joint aches



Poor Sleep Quality



Brain fog

Impact on Quality of Life



Reduced overall **health and daily functioning.**

How is CFS Treated?

Treatment for CFS may include:

Cognitive Behavioral Therapy (CBT)

Graded exercise and physical activity

A balanced, healthy diet

Medications such as analgesics, sedatives, and antidepressants

Antioxidant supplements which help support energy, reduce fatigue, and improve overall well-being



An initiative by

UNS
Universal NutriScience

WHAT IS CoQ CFS?

CoQ CFS offers a clinically backed synergy of Ubiquinol and L-Carnitine which restores energy, reduce fatigue, and supports daily vitality.

Active Ingredients

Ubiquinol (CoQ10): 60 mg | L-Carnitine: 1000 mg

Indication

Chronic Fatigue Syndrome

Benefit of CoQ10

CoQ10 helps boost energy, reduce fatigue, and protect cells in people with CFS.



Benefit of L-Carnitine

L-Carnitine supports energy production and reduces fatigue in CFS patients.

No long term side effect reported

Frequency & Duration

Recommended intake



1-2 tablets/day (or as advised by your physician)

Duration



3-6 months

After 3-6 months, continued use should be based on your doctor's risk-benefit assessment

References

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