LANGENA

TRADE NAME
Langena

INTERNATIONAL NON-PROPRIETARY NAME
-

PHARMACEUTICAL FORM
Hard gelatin capsules.
*Description:* hard gelatin capsules size No.0, violet colored body and cap, containing powder mixture of yellow-brownish color with white particles.

COMPOSITION
Capsule contains

Active ingredients:
- Ginseng root dry extract (*Panax ginseng*) 40 mg
- Ginkgo biloba leaf dry extract (*Ginkgo biloba*) 40 mg
- Black currants fruit dry extract (*Ribes nigrum*) 30 mg
- Coenzyme Q10 50 mg

Excipients: calcium carbonate, magnesium stearate, colloidal anhydrous silica, calcium hydrogen phosphate anhydrous.

Capsule shell composition: titanium dioxide, azorubine, indigotine, gelatin.

ATC CODE OF THE DRUG N07XX

PHARMACOTHERAPEUTIC GROUP
Other nervous system drugs.

PHARMACOLOGICAL PROPERTIES

PHARMACODYNAMICS
Langena helps to maintain maximum stamina, including in advanced age. The drug supports physical and mental performance, improves cardiovascular system function, blood circulation and venous tone. In long-term treatment it prevents skin sagginess and early ageing of the body.

Ginseng root dry extract contains saponin glycosides-ginsenosides, essential oils, styrene, peptides, vitamins and minerals. Ginseng extract stimulates the CNS and enhances mental and physical performance. It promotes substance and energy metabolism and cellular activity, improves cellular oxygen uptake, and thus helps to increase human energy-depending abilities significantly. Ginseng extract regulates activity of the endocrine glands, slightly increases blood pressure, and decreases serum cholesterol and glucose levels (produces hypoglycemic effect). It enhances resistance to adverse environmental factors and stress situations, increases non-specific body resistance.

Ginkgo biloba leaf dry extract, included in the composition of the medicine, contains flavone glycosides and terpene lactones. It promotes strengthening and enhancement of elasticity of the vessel wall, restores rheological properties of blood, improves microcirculation, as well as oxygen and glucose supply to the brain and peripheral tissues. Ginkgo biloba extract normalizes cellular metabolism, prevents erythrocyte aggregation, inhibits platelet aggregation, dilates small arterias, increases venous tone and regulates blood filling of the vessels.

Black currant fruit dry extract is rich in flavonoids (anthocyanins), linoleic acid, vitamins C, A, B6, B12 and E, minerals and antioxidants. It relieves the symptoms of menopause, skin diseases (ecz-
ma, psoriasis) and arthritis, improves hair, teeth and gums condition, prevents development of cataract.

Coenzyme Q\textsubscript{10} (ubiquinone) stimulates oxidative phosphorylation processes in cells. It is necessary for energy metabolism and normal vital activity of cells. Coenzyme Q\textsubscript{10} levels in humans decrease after the age of approximately 30 years. Regular administration of coenzyme Q\textsubscript{10} prolongs active vital function performance of mature cells of the body, restores functions of aging cells, increases the immune response of cells and their resistance to overexertion, stresses and to other adverse effects, ameliorates performance of tissues and organs of the cardiovascular system, liver, kidneys, improves the condition of skin, inhibits biological aging processes.

**PHARMACOKINETICS**

The action of Langena is determined by the cumulative properties of its components, which makes kinetic observations impossible.

**THERAPEUTIC INDICATIONS**

- dyscirculatory encephalopathy of various etiology, associated with attention and/or memory deterioration, mental ability disturbance, feeling of anxiety, fear, and sleep disorders;
- vegetative dystonia syndrome;
- asthenic conditions of various etiology, asthenic syndrome;
- disturbances of peripheral circulation and microcirculation;
- neurosensory disorders (dizziness, tinnitus, hypoacusision, senile macular degeneration, diabetic polyneuropathy);
- vision deterioration (cataract, retinopathy);
- for body resistance improvement and immune system reinforcement, especially after serious diseases and in high physical, mental and emotional strain (including in stress);
- as part of combination therapy of male and female infertility; in erectile dysfunction (impotence);
- as part of combination therapy of climacteric and premenstrual syndromes;
- for prevention of body ageing and premature ageing;
- for regeneration and rejuvenation of skin cells, prevention of wrinkles formation and skin sagging;
- in weight loss programs;
- gum diseases (periodontitis).

**DOSAGE AND ADMINISTRATION**

Langena is administered orally, 1-2 capsules during or after a meal before noon, followed with a sufficient amount of fluid. Treatment duration is from 2 weeks to 2 months, after which a 2-week pause is made.

**CONTRAINDICATIONS**

- hypersensitivity to the components of the drug;
- decreased blood coagulability;
- gastric and duodenal ulcer in the exacerbation phase;
- acute cerebral circulation disorders;
- severe cardiovascular system disorders (acute coronary syndrome, heart rhythm disorders);
- epilepsy, convulsive states;
- pregnancy and lactation;
- children under 12 years old.

**SIDE EFFECTS**

The drug is well tolerated; side effects are rare.

*Gastrointestinal disorders:* dyspeptic disorders, nausea.

*Central nervous system disorders:* headache, dizziness.

*Allergic reactions:* skin rash, itching.
*Other disorders:* decreased blood coagulability (after long-term treatment).

**SPECIAL INDICATIONS**
During treatment patients (especially light-skinned ones) should avoid prolonged exposure to the sunlight and visiting of tanning salons. Avoid concomitant administration of other drugs inducing sensitization. Treatment should be terminated 2 weeks before the planned surgery. Simultaneous administration of Langena with MAO inhibitors is not recommended.

**INFLUENCE ON ABILITY TO DRIVE AND OPERATE OTHER MECHANISMS**
Exercise caution when driving and performing other potentially dangerous activities requiring increased attention and speed of psychomotor reactions during treatment.

**PREGNANCY AND LACTATION**
The drug is contraindicated in pregnancy and lactation.

**PEDIATRIC USE**
Langena is contraindicated to children under 12 years old.

**DRUG INTERACTIONS**
The drug increases the action of sleep medicines, analgesics and spasmolytics.

**OVERDOSE**
Overdose may cause depression of the central nervous system and somnolence. *Treatment:* symptomatic.

**PACKAGE**
Hard gelatin capsules.
15 capsules in a blister.
2 blisters together with a leaflet in a carton box.

**STORAGE CONDITIONS**
Store in a protected from humidity and light place at temperature not exceeding 25°C. Keep out of reach of children!

**SHELF LIFE**
3 years from the date of manufacture. Do not apply after the shelf-life expiration.

**SALES TERMS**
Sold without prescription.

**MANUFACTURER**
The holder of trade mark and Marketing Authorization is **“DR SERTUS İLAÇ SANAYİ VE TİCARET LİMİTED ŞİRKETİ”, TURKEY.** Manufactured by **“ADIPHARM LTD”, Bulgaria (130 Simeonovsko shosse blvd., 1700 Sofia).**