

## CoQ<sub>10</sub> Ubiquinol

This product supplies the pure, natural, reduced ubiquinol form of coenzyme Q<sub>10</sub> in 100 mg softgels.

Coenzyme Q<sub>10</sub> (CoQ<sub>10</sub>) is an essential nutrient needed for energy producing systems to supply cells with enough ATP (energy) to continue functioning properly. It is also a very important fat-soluble antioxidant that protects tissues from free radical damage and supports cardiovascular and neurological function.

There are two forms of coenzyme Q<sub>10</sub>, ubiquinone and ubiquinol, which are continually recycled in the body from one form to the other. While both forms are needed for energy production, ubiquinol is the most common form and can be directly utilized by the body. However, increasing age, significant oxidative stress, and/or chronic health conditions can reduce the body's ability to efficiently convert ubiquinone to the reduced ubiquinol form. To provide a good alternative from the traditional ubiquinone supplemental form, this product supplies the pure, natural, reduced ubiquinol form of coenzyme Q<sub>10</sub>.

- **Essential antioxidant function:** CoQ<sub>10</sub> serves several significant roles in maintaining overall cell integrity by preventing oxidation of membrane components and by regenerating other important antioxidants such as vitamin E. There is more than 20 times as much CoQ<sub>10</sub> in cell membranes as there is vitamin E. The ratio of CoQ<sub>10</sub> to vitamin E is even higher in the membranes of mitochondria, the energy-producing component within cells.
- **Key for energy production:** The body requires a constant production of energy to maintain cell and tissue function. A significant amount of energy produced by the body depends on adequate levels of cellular coenzyme Q<sub>10</sub>. Relatively high concentrations of CoQ<sub>10</sub> normally exist in cardiac muscle.
- **Supports healthy aging:** Tissue levels of CoQ<sub>10</sub> steadily decline with age. As levels decline, the ability of cells to maintain adequate energy production and mitigate cell damage diminishes. Cells unable to maintain normal metabolic processes can lead to cell death and ultimately organ dysfunction. When low tissue CoQ<sub>10</sub> levels occur, such as during aging, supplementation can restore normal levels.
- **Certain people need more coenzyme Q<sub>10</sub>:** Diabetes mellitus and "statin" cholesterol lowering drugs lower tissue CoQ<sub>10</sub> levels. Evidence suggests biosynthesis of CoQ<sub>10</sub> may be limited in many forms of heart disease, especially heart failure. CoQ<sub>10</sub> has shown great promise as a beneficial supplement in people with neurological disorders such as Parkinson's disease, Lou Gehrig's disease (amyotrophic lateral sclerosis), and Huntington's chorea.

This product contains the pure, natural, trans form of coenzyme Q<sub>10</sub>. This is the form utilized in clinical studies showing benefit from coenzyme Q<sub>10</sub>. Coenzyme Q<sub>10</sub> is a fat-soluble nutrient and has been solubilized in d-limonene oil and stabilized with natural emulsifying agents. This product is free of the following common allergens: milk/casein, eggs, fish, shellfish, tree nuts, peanuts, wheat/gluten, corn, and soybeans. Contains no artificial colors, flavors, or preservatives.

**Suggested Use:** 1 to 2 softgels daily with food.

This product was made in a GMP and ISO 9001:2008 registered facility.

Supplement Facts	
Serving Size 1 Softgel Servings Per Container 60	
Amount Per Softgel	
Reduced Coenzyme Q <sub>10</sub> (as ubiquinol)**	100 mg*
*Daily Value not established.	

Other ingredients: D-limonene oil, gelatin, glycerin, water, caprylic acid, capric acid, natural caramel coloring, and alpha-lipoic acid.

\*\*Kaneka QH™ reduced form of coenzyme Q<sub>10</sub>. Kaneka QH™ is a trademark of Kaneka Corporation.