



**Code:** 9322 **NPN:** 80029633  
**Size:** 60 Enteripure® Softgels  
**Actual Size:** 27.36 mm x 10.74 mm



# OptiMega-3® Q10

Pharmaceutical Grade · Supports Cognitive Function and Cardiovascular Health

- Optimal 2:1 ratio EPA to DHA in a highly bioavailable softgel
- Provides 600 mg of EPA, 300 mg of DHA, and 100 mg of CoQ10 per softgel
- Pharmaceutical-grade omega-3 blend, USP verified for quality and consistency
- Free of lipid peroxides and environmental pollutants, including heavy metals, pesticides, dioxins, PCBs, and other harmful compounds
- Sourced from wild anchovies, sardines, and/or mackerel, some of the best natural sources of EPA and DHA
- Harvested through sustainable fishing practices

## PRODUCT SUMMARY

This high-potency combination of CoQ10 and the omega-3 fatty acids EPA/DHA provides cardiovascular and cognitive benefits through multiple distinct and overlapping pathways. Both CoQ10 and EPA/DHA have been shown to improve endothelial function, especially among populations at risk for atherosclerosis (elevated BMI, metabolic syndrome, smoking, hyperlipidemia), with clinically significant hypotensive and anti-atherogenic effects.

CoQ10 has an instrumental role in oxidative phosphorylation and mitochondrial bioenergetics, critical to neuronal health and prevention of the mitochondrial dysfunction that underlies numerous chronic diseases, including neurodegenerative diseases. Additionally, recent data highlights CoQ10's emerging role in reducing inflammation and insulin resistance, which are potent contributors to impaired cognitive function. Meta-analysis of randomized trials has shown CoQ10 and EPA/DHA supplementation reduces key biomarkers of inflammation, including C-reactive protein, TNF-alpha, and IL-6. CoQ10 serum levels have also been associated with neurological outcomes following ischemic stroke, as well as the risk of disabling dementia.

OptiMega-3 Q10 also provides high-dose pharmaceutical-grade EPA/DHA, shown to reduce many cardiovascular risk factors and improve vascular function, with controlled clinical trials demonstrating a reduced rate of cardiovascular and coronary events, particularly in persons at high risk. Omega-3 fatty acids have been associated with reduced myocardial infarction, as well as stroke, with supplementation mitigating adverse changes to the left ventricle, myocardial fibrosis, and systemic inflammation following a myocardial infarction. EPA and DHA support cognitive function through multiple mechanisms, as both are indispensable to neuronal membranes, with lower levels found to be not only a marker for neurological diseases, but also a risk factor for cognitive impairment.



# OPTIMEGA-3® Q10

PHARMACEUTICAL GRADE · SUPPORTS COGNITIVE FUNCTION AND CARDIOVASCULAR HEALTH

**Serving Size:** 1 Enteripure Softgel

**Servings per Container:** 60

**Each Enteripure Softgel Contains:**

Fish Oil Concentrate (Molecularly Distilled, Ultra Purified) (Anchovy, Sardine and/or Mackerel) .....	1407 mg
Omega-3 Fatty Acids .....	900 mg
Eicosapentaenoic Acid (EPA).....	600 mg
Docosahexaenoic Acid (DHA).....	300 mg
Coenzyme Q10 (Microorganism) .....	100 mg

**Non-medicinal Ingredients:** Enteripure softgel (gelatin, glycerin, purified water, pectin), natural vitamin E.

**Recommended Adult Dose:** 1 softgel 3 times per day or as directed by a health care practitioner.

**Recommended Use:** Source of omega-3 fatty acids, EPA and DHA, for the maintenance of good health. Helps support cognitive health and/or brain function and promote healthy mood balance. Helps maintain and support cardiovascular health and reduces serum triglycerides/triacylglycerols. An antioxidant for the maintenance of good health. Coenzyme Q10 promotes healthy heart function.

**Caution:** Consult a health care practitioner prior to use if you are pregnant or breastfeeding, or if you are taking blood thinners or blood pressure medication. Keep out of reach of children.

**Drug Interactions:** Because fish oil has an antithrombotic effect, caution is advised for those on anticlotting, antiplatelet, or anticoagulant medications, or those at high risk of bleeding. However, a multinational randomized and controlled trial found that fish oil did not increase perioperative bleeding, that it reduced the number of transfusions needed, and appeared to be associated with a lower risk of bleeding when given pre- and postoperatively. At doses greater than 3 g per day, hyperglycemia has been observed in diabetics and those with hypertriglyceridemia; therefore close monitoring of patients on antidiabetic medication is recommended. Benefits have been shown when fish oil is taken with statins, SSRIs, anticonvulsants, and cytotoxic medications. As CoQ10 resembles vitamin K structurally, there is a potential interaction possible for those taking the anticoagulant Coumadin. Close monitoring of the INR is recommended with CoQ10 introduction in these patients.

**Contains no artificial colours, preservatives, or sweeteners; no dairy, sugar, wheat, gluten, yeast, corn, egg, shellfish, salt, tree nuts, or GMOs.** Sealed for your protection. Do not use if seal is broken. Store in an airtight container, protected from light. For freshness, store in a cool, dry place.

References available at [bioclinicnaturals.com](http://bioclinicnaturals.com)



· GUARANTEED ·

Bioclinic Naturals® products are guaranteed to meet or exceed Good Manufacturing Practices (GMP) of the U.S. Food and Drug Administration (FDA), Health Canada, and the Therapeutic Goods Administration (TGA) of Australia.



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Burnaby, BC V3N 4T6  
[bioclinicnaturals.com](http://bioclinicnaturals.com)

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Head office Assured Natural Distribution Inc., 104 – 3686 Bonneville Place, Burnaby, BC, Canada V3N 4T6 | U.S. Distribution office 14224 167<sup>th</sup> Avenue SE, Monroe, WA, USA 98272

Customer Service 1-888-826-9625 · Fax 1-844-384-7503 · Email [customer@assurednatural.com](mailto:customer@assurednatural.com)