



Code: 9314 **NPN:** 80028342
Size: 30 Softgels
Actual Size: 25.93 mm x 9.60 mm



CoQ10

**100% Natural
 Stabilized & Highly Absorbable · 400 mg**

- Identical to the form produced by the human body for high bioavailability
- Improves many varied health conditions, including cardiovascular disease, cellular decomposition, and oxidative stress
- Higher dosage of 400 mg reduces the need of taking multiple pills during the day and keeps pace with research
- Free of contamination by undesirable residue or microorganisms, including bacteria or yeast
- In a base of natural rice bran oil and vitamin E to ensure a stabilized and highly absorbable form of CoQ10

PRODUCT SUMMARY

The majority of the clinical uses for CoQ10 are founded upon its role as an antioxidant, and its role in mitochondrial bioenergetics. It is a coenzyme for numerous reactions involved in cellular respiration, and is required for the efficient formation of adenosine triphosphate (ATP), the cellular currency which drives the majority of enzymatic reactions.^{1,2} It inhibits peroxidation of cell membrane lipids as well as circulating lipoproteins.^{3,4} CoQ10 supports cardiac tissues by improving endothelial function and by having a direct anti-atherogenic effect, which results in lower blood pressure and improved ventricular contractility.^{5,6}

High-dose CoQ10, ranging up to 2400 mg per day, has been used primarily for neurodegenerative diseases such as Parkinson’s and Huntington’s disease, though elevated doses have also been used in patients with severe cardiovascular disease or advanced breast cancer.⁷⁻¹⁰ Clinical trials have shown benefits for a wide range of cardiovascular conditions, including congestive heart failure, hypertension, and prevention of myocardial infarction.¹¹⁻¹² It also had clinical benefits for a number of other conditions, including migraine, periodontal disease, gingivitis, male infertility, and statin-induced myopathy.¹³⁻¹⁵



COQ10

100% NATURAL STABILIZED & HIGHLY ABSORBABLE · 400 MG

Serving Size: 1 Softgel

Servings per Container: 30

Each Softgel Contains:

Coenzyme Q10 (Microorganism) 400 mg

Non-medicinal Ingredients: Rice bran oil, softgel (gelatin, glycerin, purified water, carob), natural vitamin E.

Recommended Adult Dose: 1 softgel per day, preferably with a meal, or as directed by a health care practitioner. Use for a minimum of 3 months to see beneficial effects.

Recommended Use: An antioxidant for the maintenance of good health. Supports healthy nerve and muscle function. CoQ10 helps support cardiovascular health, nervous system and periodontal health. Each softgel is in a base of natural rice bran oil and vitamin E to ensure a stabilized and highly absorbable form of CoQ10. Research shows that vitamin E may support the activity of CoQ10.¹⁶

Caution: Consult a health care practitioner prior to use if you are pregnant or breastfeeding or if you are taking blood pressure medication or blood thinners. May cause nausea. Consult a health care practitioner if migraine frequency increases, and associated nausea and vomiting persist or worsen. Keep out of reach of children.

Drug Interactions: Although very little evidence supports this interaction, CoQ10 resembles vitamin K structurally, and a potential interaction is possible for those taking the anticoagulant Coumadin. Close monitoring of the INR is recommended with CoQ10 introduction in these patients. No other negative drug interactions are known for CoQ10, though a number of medications are thought to interfere with CoQ10 synthesis or function in the body, including statin or blood pressure medications, tricyclic antidepressants, and oral hypoglycemic agents.¹⁷

Contains no artificial colours, preservatives, or sweeteners; no dairy, starch, sugar, wheat, gluten, yeast, soy, corn, egg, fish, shellfish, salt, tree nuts, or GMOs. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

References

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