



# CoQ10

**Heart Health  
Energy Support  
200 mg**

- Improves many varied health conditions, including cardiovascular disease, cellular decomposition, and oxidative stress
- Free of contamination by undesirable residue including bacteria or yeast
- In a base of natural rice bran oil and natural vitamin E to ensure a stabilized and highly absorbable form of CoQ10

**Code:** 9310, 9311 **NPN:** 80028367  
**Size:** 30, 60 Softgels  
**Actual Size:** 15.65 mm x 7.96 mm



## 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.<sup>1,2</sup> As an antioxidant, CoQ10 is the only lipid-soluble antioxidant synthesized endogenously. It inhibits peroxidation of cell membrane lipids as well as circulating lipoproteins.<sup>3,4</sup> 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.<sup>5,6</sup>

In clinical trials, CoQ10 has shown benefit for a wide range of cardiovascular conditions, including congestive heart failure, hypertension, and prevention of myocardial infarction.<sup>7,8</sup> It also had clinical benefits for a number of neurological conditions, including Huntington's disease, migraine, and Parkinson's disease.<sup>9-13</sup> Oral CoQ10 has also had positive results in patients with periodontal disease, gingivitis, male infertility, and statin-induced myopathy.<sup>14,15</sup>



**COQ10**  
HEART HEALTH · ENERGY SUPPORT · 200 MG

**Serving Size:** 1 Softgel

**Servings per Container:** 30 (9310); 60 (9311)

**Each Softgel Contains:**

Coenzyme Q10 (Microorganism) ..... 200 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.

**Recommended Use:** Promotes healthy heart function and plays a vital role in energy production. CoQ10 helps support cardiovascular, nervous system and periodontal health. Each softgel is in a base of rice bran oil and natural vitamin E to ensure a stabilized and highly absorbable form of CoQ10. Research shows that vitamin E may support the activity of CoQ10.<sup>16</sup>

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

**Contraindication:** Consult a health care practitioner prior to use if you are pregnant or breastfeeding.

**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.<sup>17</sup>

**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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