



Code: 9322

Size: 60 Enteripure™ Softgels

Actual Size: 27.36 mm x 10.74 mm



OptiMega-3® Q10

**Pharmaceutical Grade
Molecularly Distilled · Ultra Purified**

- Optimal 2:1 ratio EPA to DHA
- 600 mg of EPA, 300 mg of DHA, and 100 mg of CoQ10 per softgel
- Pharmaceutical-grade omega-3 blend, standardized to meet and exceed USP standards for quality and consistency
- Targeted delivery using a technology that embeds pure and natural ingredients into the softgel casing to prevent them from breaking down in the stomach, ensuring no fishy aftertaste
- Safe from 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 comprehensive combination of CoQ10 and the omega-3 fatty acids EPA/DHA supports normal cognitive function and helps maintain cardiovascular health.* Both CoQ10 and EPA/DHA help maintain endothelial function, support healthy arteries, help maintain blood pressure already within the normal range, and support overall cardiovascular health.*¹⁻⁵

CoQ10 has an instrumental role in oxidative phosphorylation and mitochondrial bioenergetics, critical to neuronal health and supporting the mitochondrial function that underlies numerous facets of health, including neurological health.*⁶ Additionally, recent data highlights CoQ10's emerging role in helping to organize the body's response to cellular damage, clear cellular debris, maintain healthy insulin sensitivity, and support neurocognitive function.*⁷⁻⁹ Meta-analyses of randomized trials have shown that CoQ10 and EPA/DHA supplementation may help support normal levels of C-reactive protein, TNF-alpha, and IL-6.*¹⁰⁻¹² CoQ10 serum levels have also been associated with neurological and neurocognitive support.*^{13,14}

OptiMega-3 Q10 also has beneficial-strength pharmaceutical-grade EPA/DHA, shown to support both cardiac and vascular health, including arterial health.*¹⁵⁻¹⁹ Omega-3 fatty acids have been associated to help maintain myocardial and ventricular health, in addition to help organize the body's response to cellular damage.*²⁰⁻²³ EPA/DHA support cognitive function through multiple mechanisms, as both are indispensable to neuronal membranes, and to help support neurological and neurocognitive health.*^{24,25}



Supplement Facts

Serving Size 1 Softgel

	Amount Per Serving	% Daily Value
Calories	15	
Total Fat	1.5 g	2%†
Polysaturated Fat	1 g	**
Cholesterol	5 mg	2%
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 (Ubiquinone) (microorganism)	100 mg	**

† Percent Daily Values are based on a 2,000 calorie diet.

** Daily Value not established.

Other ingredients: Enterpure™ softgel (gelatin, glycerin, purified water, pectin), natural vitamin E.

Serving Size: 1 Softgel**Servings Per Container:** 60**Suggested Usage:** 1 softgel 1–3 times per day or as directed by a health care professional.**Caution:** Consult your health care professional prior to use if you are pregnant, trying to become pregnant, breastfeeding, taking medication, have a medical condition, or anticipate surgery. Keep out of reach of children.

Drug Interactions: Because fish oil may have 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.^{26,27} In amounts greater than 3 g per day, hyperglycemia has been observed in diabetics and those with hypertriglyceridemia, close monitoring of patients on antidiabetic medication is recommended.²⁸ CoQ10 resembles vitamin K structurally, and 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 colors, preservatives, or sweeteners; no dairy, sugar, wheat, gluten, yeast, soy, corn, egg, 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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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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