



CoEnzyme Q₁₀

Coenzyme Q₁₀ (CoQ₁₀) is possibly the body's most important fat-soluble antioxidant that defends tissues from reactive, oxidative damage. Also known as ubiquinone, CoQ₁₀ is found in the membranes of every cell in the body. CoQ₁₀ is an essential component of the energy producing mitochondria power packs of cells. The heart, kidneys, liver, and muscles contain the body's highest tissue concentrations of CoQ₁₀. CoQ₁₀ levels progressively fall after age 40 possibly contributing to aging.

- **Essential antioxidant function:** CoQ₁₀ 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 CoQ₁₀ in cell membranes as there is vitamin E. The ratio of CoQ₁₀ to vitamin E is even higher in mitochondrial membranes.
- **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 Q₁₀. Relatively high concentrations of CoQ₁₀ normally exist in cardiac muscle.
- **Supports healthy aging:** Tissue levels of CoQ₁₀ 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 CoQ₁₀ levels occur, such as during aging, supplementation can restore normal levels.
- **Certain people need more coenzyme Q₁₀:** Diabetes mellitus and "statin" cholesterol lowering drugs lower tissue CoQ₁₀ levels. Evidence suggests biosynthesis of CoQ₁₀ may be limited in many forms of heart disease, especially heart failure. CoQ₁₀ 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 Q₁₀. This is the form utilized in clinical studies showing benefit from coenzyme Q₁₀. Coenzyme Q₁₀ is a fat-soluble nutrient and has been formulated in softgel capsules with vitamin E and rice bran oil.

Suggested Use: 1 to 2 softgels daily with food.

This product was made in a GMP and ISO 9001:2000 registered facility.

| Supplement Facts | | |
|---|------------|---------------|
| Serving Size 1 Softgel • Servings Per Container 30 | | |
| Amount Per Softgel | | % Daily Value |
| Vitamin A (as natural beta-carotene from <i>D. salina</i>) | 2,334 I.U. | 47% |
| Vitamin E (as natural mixed tocopherols) from soy | 100 I.U. | 333% |
| Coenzyme Q ₁₀ (as ubiquinone) | 100 mg | * |
| *Daily Value not established. | | |

Other ingredients: Rice bran oil, gelatin, glycerin, water, yellow beeswax, annatto extract, and titanium dioxide.