

# Product Information Sheet



Cardiovascular  
Antioxidants

## CoQ10 30mg

### Coenzyme Q10 with Natural Vitamin E

CoQ-10 30mg features 30mg of natural coenzyme Q10, which has been manufactured to achieve excellent quality, purity and bioavailability. This formula also supplies vitamin E for maximum stability and absorption.

#### Ingredients:

##### Each capsule typically contains:

Coenzyme Q10 (ubiquinone)	30 mg
Vitamin E (d-alpha tocopherol)	30 mg

#### Other ingredients:

Gelatin  
Glycerol  
Ferric oxide (colour)  
White beeswax  
Sunflower seed oil

#### Features:

The electron transport chain converts the energy stored in carbohydrates into ATP, the energy currency of the body. Co-Enzyme Q10 is a critical component of this process and is the only free (unbound) carrier of electrons in the mitochondria's inner membrane. Inadequate Co-Q10 can cause free radical damage to mitochondria, which then causes a greatly diminished energy production capacity.

The beneficial effects of CoQ10 are due to its ability to support energy production and act as an antioxidant.

More active cells like immune cells require much more energy production. Adequate supplies of CoQ10 are essential for optimal function of these cell lines.

Supports cardiovascular health and function, breast health, brain/neurologic health, muscle performance, periodontal health, and immune system health through its bioenergetic and antioxidant activity.

Supports healthy cell-membrane stability for tissues throughout the body.

An oil-base formula supports CoQ10's lipophilic nature, thereby enhancing absorption and bioavailability.

Supplies vitamin E, which may support the activity of CoQ10.

**Recommendation:** Take 1-2 capsules daily, or as directed.

**Caution:** If pregnant, breastfeeding or on medication, seek the advice of a medical practitioner.

**Product Code:** 3851

**Package Size:** 30