

Co-Q10 60 mg

• free of all common allergens • vegetarian • For a Healthy Heart •

Overview

Coenzyme Q10 was first identified in 1957. At that time it was known as ubiquinone (from the term ubiquitous) because it is found everywhere in nature. It is found in all plant and animal cells making it easily obtained through the diet, but not in optimum levels. It is a catalyst for food metabolism working in conjunction with enzymes, thus the name “coenzyme”. Co-Q10 is essential to energy production and necessary for the formation of adenosine triphosphate (ATP). It functions in the transfer of energy and oxygen between blood and body cells and also between cell components, in other words it is essential for the body’s cells, tissues and organs. Co-Q10 is found in the highest concentrations in cells of the heart, liver, kidney and pancreas. Co-Q10 works together with vitamin E and may protect it from damage. Current research indicates that it may play an important role in prevention of various cardiovascular diseases. In addition, research is being conducted to determine whether Co-Q10 may be useful in supporting healthy immune function. This research is inconclusive at this time.

*Research Indicates

- May support cardiovascular health
- Necessary nutrient for energy production at a cellular level
- Powerful antioxidant properties
- Has been shown to support healthy blood pressure
- Has been associated with an increase in sperm count
- Gum disease, muscular dystrophy, and obesity have all been linked to Co-Q10 deficiency
- Shown to protect cell membranes from free radical damage
- May support healthy immune function
- May support healthy insulin production
- Shown to prevent oxidation of LDL cholesterol
- May protect against the side effects of certain drugs

Dosage

Typical daily dosage ranges from 25-300 mgs.

Cautions

- ❖ If you are pregnant or lactating consult a health care practitioner prior to taking Co-Q10.
- ❖ Rare cases of stomach upset, nausea, gas and diarrhea have been reported from persons taking high doses of Co-Q10. If you experience these symptoms discontinue use, and consult your health practitioner.
- ❖ If you have any type of cardiovascular disease consult your health care practitioner before taking Co-Q10. Coenzyme Q10 supplementation may affect the dose and activity of the other medications you are taking for these health conditions.

**These statements have not been evaluated by the Food and Drug Administration*

This information is not intended to diagnose, treat, imply cure or prevention of any disease

Free of wheat, gluten, soy, corn, yeast, fish, egg, dairy and lactose.
Contains no artificial colors, flavors or preservatives.

Supplement Facts

Serving Size 1 capsule

Amount Per Serving	% Daily Value
Coenzyme Q10	60 mg *

*Daily Value not established

Other ingredients: Rice powder, magnesium stearate, cellulose,.

Directions: Take 1 capsule, one to two times daily with meals.

Note: If you are pregnant or lactating, consult your health care practitioner before using this product. **Keep out of reach of children.** Store in a cool, dry place.

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