

CoQ10 100 mg

Supports Heart Health
and Energy Production*

CoQ10 100 mg is a unique formula that contains a highly-absorbable, trademarked form of coenzyme Q10 (CoQsol®), vitamin E, and trademarked vitamin A (Betatene®) for supporting cardiovascular and immune function, as well as other body systems.* Coenzyme Q10 (CoQ10) is a molecule produced by the body that helps manufacture energy in the mitochondria of cells through the electron transport chain. It is essential for survival, and low levels of CoQ10 are associated with several cardiovascular and cell energy-related disturbances.¹

CoQ10 is also crucial for promoting blood flow in the cardiovascular system.* Moreover, CoQ10 100 mg contains key micronutrients that have antioxidant roles in the body and support healthy blood lipid levels.*² When blood lipid levels are chronically elevated, risk of cardiovascular disturbances increase.^{3,4}

Read on to learn more about how the ingredients in CoQ10 100 mg work to support energy production in many tissues throughout the body, neutralize free radicals, promote blood flow, and support healthy blood lipid profiles.*

How CoQ10 100 mg Works

CoQ10 is most abundant in metabolically-demanding tissues throughout the body, specifically the heart, skeletal muscles, brain, kidneys, and liver. Being an integral part of the electron transport chain, CoQ10 assists in the synthesis of ATP—the energy currency of cells. As part of that process, CoQ10 also acts as an antioxidant by sequestering free radicals.

Furthermore, CoQ10 promotes proper blood flow throughout the cardiovascular system by preserving the activity of nitric oxide, a molecule that dilates blood vessels and helps support healthy blood pressure.*⁵

Vitamin A and vitamin E are also included in this formula as they are potent antioxidants that help support immune function, as well as eye and skin health.*^{6,7}

CoQ10 100 mg Supplementation

Given the importance of the nutrients found in CoQ10 100 mg for supporting overall health and well-being, supplementation can help users in a variety of ways.* The most relevant research-backed benefits derived from supplementation with CoQ10 100 mg include:

- Supports cardiovascular and immune function*
- Supports blood flow and nitric oxide production*
- Supports energy production*
- Supports body tissue including epithelial, muscle, connective, and nervous tissues*
- Supports healthy blood lipid profiles*



Form: 60 Softgels

Serving Size: 1 Softgel

Ingredients	Amount	%DV
Vitamin A (as beta-carotene) [†]	698 mcg RAE	78%
Vitamin E (as mixed tocopherols and d-alpha-tocopherol)	67 mg	447%
Coenzyme Q10 ^{††}	100 mg	**

Other Ingredients:

Rice bran oil, gelatin, glycerin, purified water, yellow beeswax, annatto extract.

[†] as Betatene® a registered trademark of Cognis Corporation.

^{††} as CoQsol® a registered trademark of Soft Gel Technologies, Inc.

Directions:

Adults take one softgel daily as a dietary supplement, or as directed by your healthcare practitioner.

Caution: If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.



* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

References:

1. Angelini, C. (2014). Coenzyme Q10 Deficiency. In *Genetic Neuromuscular Disorders* (pp. 247-250). Springer International Publishing.
2. Littarru, G. P., & Tiano, L. (2007). Bioenergetic and antioxidant properties of coenzyme Q10: recent developments. *Molecular biotechnology*, 37(1), 31-37.
3. Armstrong, V. W., Cremer, P., Eberle, E., Manke, A., Schulze, F., Wieland, H., ... & Seidel, D. (1986). The association between serum Lp (a) concentrations and angiographically assessed coronary atherosclerosis: dependence on serum LDL levels. *Atherosclerosis*, 62(3), 249-257.
4. Vasan, R. S., Larson, M. G., Leip, E. P., Evans, J. C., O'donnell, C. J., Kannel, W. B., & Levy, D. (2001). Impact of high-normal blood pressure on the risk of cardiovascular disease. *New England Journal of Medicine*, 345(18), 1291-1297.
5. Moncada, S. R. M. J., Palmer, R. M. L., & Higgs, E. (1991). Nitric oxide: physiology, pathophysiology, and pharmacology. *Pharmacological reviews*, 43(2), 109-142.
6. Smith, J., & Steinemann, T. L. (2000). Vitamin A deficiency and the eye. *International ophthalmology clinics*, 40(4), 83-91.
7. Kagan, V., Witt, E., Goldman, R., Scita, G., & Packer, L. (1992). Ultraviolet light-induced generation of vitamin E radicals and their recycling. A possible photosensitizing effect of vitamin E in skin. *Free radical research communications*, 16(1), 51-64.