CoQ10 Products

BENEFITS

CRUCIAL TO MITOCHONDRIAL ENERGY PRODUCTION
SUPPORTS HEART HEALTH
FAT-SOLUBLE ANTIOXIDANT
SUPPORTS HEALTHY BLOOD PRESSURE

SUGGESTED USAGE

Usage varies according to the CoQ10 formulation. With the 600 mg Maximum Strength softgel, take one softgel 1 to 2 times daily with meals. For intensive use, take up to 1200 mg daily under the supervision of a health care professional.

CAUTIONS /INTERACTIONS

The CoQ10 may reduce the anticoagulant effect of warfarin. In addition, CoQ10 may increase the effectiveness of certain blood pressure medication, including diltiazem, metoprolol, enalapril, and nitrate. Statin medications have been shown to decrease CoQ10 levels in the body and CoQ10 supplementation may be beneficial when taking these drugs.

Discussion and Clinical Support

CoEnzyme Q10 (CoQ10) is a fat-soluble vitamin-like substance found in all cell membranes of the body. It is vital to assist the production of energy by allowing the mitochondria to convert digested food within the cell into energy by way of the electron transport chain.

Although CoQ10 is found naturally in the human body, especially in heart and liver cells, low levels of CoQ10 have been demonstrated in a wide variety of animal and human subjects during clinical studies. It is believed that as we get older our ability to produce CoQ10 decreases.

CoQ10 works as an antioxidant. An antioxidant protects cells from chemicals known as free radicals, which can damage important parts of cells. Because of its antioxidant properties, CoQ10 is widely recognized for its potential impact on heart health.

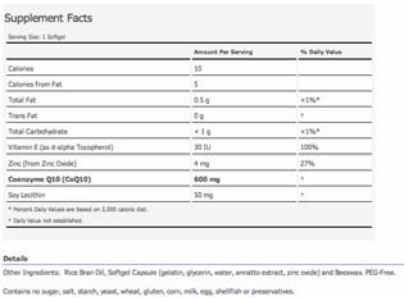
CoQ10, also called ubiquinone, is present in almost all cells, where it is necessary for mitochondrial energy production. The body's highest concentrations of CoQ10 are found in the heart, where constant chemical energy availability is imperative. Again, in addition to its benefits for cardiac function through energy production, CoQ10 also acts as a powerful fat-soluble antioxidant, providing protection against free radical attack of vascular structures and other tissues.

Mitochondrial Energy Production

It is well established that coenzyme Q10, also called ubiquinone, is present in almost all cells, where it is necessary for mitochondrial energy production (1, 2, 8). CoQ10 supplies reducing potential in the electron transport chain. It appears to be essential to the body's production of energy in the form of adenosine triphosphate (ATP). Aging reduces access to CoQ10. Although it can be obtained from the diet (mainly from fatty fish, organ meats, and whole grains) as well as synthesized in small amounts, both of these routes decline with advancing years.

Support for Heart Health

The body's highest concentration of CoQ10 is in the heart, in which constant chemical energy availability is imperative (1, 2, 8).


Supplement Facts

	Amount Per Serving	% Daily Value
Calories	10	
Calories from Fat	5	
Total Fat	0.5 g	<1%*
Trans Fat	0 g	*
Total Carbohydrate	< 1 g	<1%*
Vitamin E (as d-alpha Tocopherol)	30 IU	100%
Zinc (from Zinc Oxide)	4 mg	27%
Coenzyme Q10 (CoQ10)	**600 mg**	*
Soy Lecithin	50 mg	*

* Percent Daily Values are based on 2,000 calorie diet.
† Daily Value not established.

Details

Other Ingredients: Rice Bran Oil, Softgel Capsule (gelatin, glycerin, water, annatto extract, zinc oxide) and Beeswax. PEG-Free.

Contains no sugar, salt, starch, yeast, wheat, gluten, corn, milk, egg, shellfish or preservatives.

A Fat-Soluble Antioxidant

CoQ10 functions as a fat-soluble antioxidant, providing protection against free radical attack for vascular structures, as well as for other tissues (1, 2, 5-8). This is especially important to cell membranes, which include lipid bilayers. By protecting fats against oxidation and free radical damage, CoQ10 helps to maintain membrane flexibility and function.

Blood Pressure Support

It has been demonstrated that CoQ10 supports health blood pressure (10). The mechanism does not appear to be antioxidant-related.

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