

CoQ-10

DIN 02237624, 60 capsules, Mineral/herbal combination, Stock No. 4034-2

Coenzyme Q10, also known as Ubiquinone, is a vitaminlike substance whose actions in the body resemble those of vitamin E. It may be an even more powerful antioxidant than vitamin E. Virtually every cell of the human body contains coenzyme Q10. The mitochondria, the area of cells where energy is produced, contain the most coenzyme Q10. The heart and liver, because they contain the most mitochondria per cell, have the greatest amount of coenzyme Q10.

Did you know:

The body on its own manufactures CoQ10; however, aging and stress deplete CoQ10. Not surprisingly, most people over 50, and also those with heart disease, cancer, gum disease, or obesity, have low levels of CoQ10. With supplementation, individuals are able to increase their CoQ10 levels.

NSP Advantage

60 capsules. Mineral and herbal combination.

Ingredients: 30 mg of coenzyme Q10, 1.3 mg of copper (gluconate), 100 mg of magnesium (oxide), and 10 mg of zinc (gluconate), in a non-medicinal base of ginkgo (*Ginkgo biloba*) leaves, capsicum (*Capsicum annuum*) fruit, cellulose, and silicon dioxide

Recommendation: Take one capsule with a meal three times daily.

1. 2. Mindell, Earl, *Earl Mindell's Supplement Bible*, Fireside, 1998, page 31.

3. Graedon, Joe & Teresa, *The People's Pharmacy Guide to Home and Herbal Remedies*, 1999, page 31.

Features & Benefits

- May help fight gum disease.¹
- May help fight breast cancer.²
- May reduce the risk of Alzheimer's disease.³