

# CoQ-10 50 mg, NPN 80028679

30 capsules, Co-enzyme /herbal combination, Stock No. 4109-8

Co-enzyme Q10, also known as Ubiquinone, is a vitamin-like substance present in every cell of the body. Within each cell, the mitochondria, where energy is produced, contain the most co-enzyme Q10. The heart and liver, because they contain the most mitochondria per cell, have the greatest amount of co-enzyme Q10. Thus Co-Q10 plays an important role in maintaining cardiovascular health. Through its antioxidant activity, Co-Q10 scavenges free radicals, reducing oxidative stress on cells throughout the body. It protects cardiac cells, prevents lipid (fat) oxidation and promotes the regeneration of vitamin E, another antioxidant.

Co-Q10 is also vital for cellular energy. Co-Q10 is required for energy production in the mitochondria of the cell where carbohydrates and fatty acids are converted into energy (ATP). This energy-making process fuels most metabolic processes.

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.

## Did you know?

Many Co-Q10 products are marketed in a crystalline state, a form in which the co-enzyme's absorbability is far less than ideal. Nature's Sunshine uses a patented lipid blend to keep Co-Q10 from crystallizing, and it yields maximum bioavailability. A double-

blind human clinical trial showed that this form of Co-Q10 was at least eight times more readily absorbed by the body than competing (crystalline) products.

## NSP Advantage

30 capsules of Co-Q10 in a crystal-free form to provide ultimate absorption and bioavailability. Co-Q10 50 mg also contains conjugated linoleic acid, a natural fatty acid that is important to the body. CLA modulates cellular processes, including the maintenance of muscle mass and enhancement of lipolysis (the burning of fat), resulting in a number of health and weight benefits.

*Ingredients:* Medicinal Ingredients: Each soft gel capsule contains Co-enzyme Q10 50 mg and conjugated linoleic acid 400 mg. Non-medicinal ingredients: flaxseed oil; soy monoglycerides; glycerin; gelatin; purified water.

*Recommendation:* Take one (1) capsule once a day with meal. Consult a health care practitioner for use beyond 6 months. An antioxidant for the maintenance of good health. Helps to maintain and/or support cardiovascular health.

**Risk Information:** Consult a health care practitioner prior to use if you are pregnant or breastfeeding, if you are taking blood pressure medication, if your goal is to achieve weight loss, or if you are obese or have cardiovascular disease (CVD) risk factors (e.g. high blood pressure, high cholesterol and/or triglycerides). Do not use if you have CVD, diabetes, metabolic syndrome or insulin resistance. Some people may experience gastrointestinal upset. Hypersensitivity, such as allergy (soy), has been known to occur in which case, discontinue use.

## Features & Benefits

- An antioxidant for the maintenance of good health.
- Helps to maintain/support cardiovascular health.
- Helps reduce oxidative stress in all cells throughout the body.
- Supports energy production in the body.