

Co-Enzyme Q10

Ubiquinone

Co-Enzyme Q10 30mg

Presentation

A black soft capsule.

Each capsule delivers:

Co-Enzyme Q10 (Ubiquinone) 30mg

Encapsulated with:

Sunflower Seed Oil, Capsule Shell (Modified Starch, Glycerol, Gelling Agent: Carrageenan, Colour: Iron Oxide), Glyceryl Monostearate, Polysorbate 80.

Disintegration time: Less than 30 minutes.

Suitable for vegetarians  **and vegans** 



quantity
60 & 180

type
capsules

code
8531

Co-Enzyme Q10 100mg

Presentation

A black soft capsule.

Each capsule delivers:

Co-Enzyme Q10 (Ubiquinone) 100mg

Encapsulated with:

Sunflower Seed Oil, Capsule Shell (Gelatin, Glycerin, Colour: Iron Oxide), Sunflower Lecithin, Glyceryl Monostearate.

Disintegration time: Less than 30 minutes.



quantity
60

type
capsules

code
8533

Co-Enzyme Q10 200mg

Presentation

A black soft capsule.

Each capsule delivers:

Co-Enzyme Q10 (Ubiquinone) 200mg

Encapsulated with:

Sunflower Seed Oil, Capsule Shell (Modified Starch, Glycerol, Gelling Agent: Carrageenan, Colour: Iron Oxide), Sunflower Lecithin, Glyceryl Monostearate.

Disintegration time: Less than 30 minutes.

Suitable for vegetarians  **and vegans** 



quantity
60

type
capsules

code
8534

Co-Enzyme Q10

High Strength

Uses




Also known as ubiquinone, Co-Enzyme Q10 (often abbreviated to CoQ10) was first discovered in man by Lamberts® consultant Dr Len Mervyn. CoQ10 is a vitamin-like substance found within the mitochondria of every cell in the human body. It is the mitochondria that are responsible for extracting approximately 50% of the total energy from the food we eat. It is therefore not surprising to find the highest concentrations of CoQ10 in those organs, which have the highest energy requirements such as the heart muscle and liver, and in those tissues that regenerate quickly such as the gums.

A lack of CoQ10 has been associated with periodontal (gum) disease. Similarly it has been shown that heart patients and the obese tend to have low CoQ10 levels.

Whilst CoQ10 can be made in the body, production declines as we age. In fact, a lack of energy in older people may, in part, be connected with lower CoQ10 production in the body.

It has also been shown that cholesterol lowering drugs, called statins, reduce Co-Q10 levels in the body, so people taking statins are increasingly recommended to take a Co-Q10 supplement.

We use natural CoQ10, the form used in most studies and we present it dissolved in vegetable oil to aid absorption. We provide 3 different strengths of CoQ10: 30mg, 100mg or 200mg.

Usage and administration		
<p>Co-Enzyme Q10 30mg 1 to 3 capsules daily.</p> <p>Quantity 60 & 180 Type capsules Code 8531</p> 	<p>Co-Enzyme Q10 100mg 1 capsule daily.</p> <p>Quantity 60 Type capsules Code 8533</p> 	<p>Co-Enzyme Q10 200mg 1 capsule daily.</p> <p>Quantity 60 Type capsules Code 8534</p> 
<p>Allergen advice None (see page 194).</p>		
<p>Cautions This product is not recommended for pregnant or lactating women.</p>		
<p>Storage instructions To be stored in a cool, dry place and protected from light.</p>		
<p>Legal category Food supplement.</p>		