

Super Ubiquinol CoQ10

The ultimate heart-friendly supplement

100 mg, 60 softgels

Item Catalog Number: 01929

Coenzyme Q10 (CoQ10 for short) is a potent antioxidant that supports cardiovascular health and is absolutely essential for healthy mitochondrial function. The traditional form of CoQ10, *ubiquinone*, is difficult for your body to absorb — but the *ubiquinol* form, like that in **Super Ubiquinol CoQ10** absorbs **up to 8 times** better!

Benefits at a Glance

- Supports cardiovascular health
- Promotes healthy energy production at the cellular level
- Absorbs up to 8 times better than *ubiquinone* CoQ10
- Provides powerful antioxidant support

CoQ10 and healthy mitochondria

CoQ10 is an essential component of healthy mitochondrial function.¹⁻⁶ The mitochondria are the cell's energy powerhouses, and CoQ10 is required to convert the energy unlocked from fats and sugars into usable cellular energy.

Cardiovascular health and antioxidant defense

Because of this, CoQ10 is most highly concentrated in the cells of your body's "workhorse" organs — like your brain and your heart.⁷ But CoQ10 is also a potent antioxidant, protecting important proteins and mitochondrial DNA from oxidative damage.⁸ Unfortunately, CoQ10 levels naturally deplete over time.

Coenzyme Q10 depletion: natural and unnatural causes

CoQ10 levels in your body naturally decrease as we age. And so-called "statin" drugs used to lower cholesterol also deplete CoQ10 levels in the blood and possibly in tissue as well.^{9,10} Statin drugs have been shown to reduce plasma CoQ10 by nearly 40%.¹¹ Alarming, the *normal aging process* may deplete CoQ10 levels even *faster* than the use of statin medications!

The aging process reduces CoQ10 levels in the heart muscle wall by 72%.¹² The frightening result is that the dual effects of aging *and* using statin drugs simultaneously *could* result in a severe CoQ10 deficit, leading to seriously diminished cellular vitality in vital organs like your heart.¹¹

Superior availability of ubiquinol CoQ10

Remember, traditional *ubiquinone* forms of CoQ10 are notoriously difficult for your body to absorb. And since the most important factor of any supplement is *how much nutrient actually makes it into your bloodstream*, you should know that scientific studies show **ubiquinol CoQ10** absorbs up to **8 times greater** than ubiquinone.

Clinically studied effects on aging and fatigue

In studies measuring exercise-induced fatigue, *ubiquinol CoQ10* (like that in **Super Ubiquinol CoQ10**) was 90% more effective than *ubiquinone*.¹³ Furthermore, ubiquinol has been shown to be 40% more effective in slowing measurements of aging, compared to ubiquinone.¹³

Promote heart health and cellular vitality

Support your heart, promote healthy mitochondrial function, and maintain vital cellular energy production. **Choose Super Ubiquinol CoQ10** — the highly bioavailable *ubiquinol* form of CoQ10 in a patented delivery system with a superior absorption level.¹⁴

Supplement Facts

Serving Size	1 softgel
Amount Per Serving	
Calories	5
Calories from Fat	5
Total Fat	0.5 g
Ubiquinol (as Kaneka Ubiquinol™)	100 mg

Other ingredients: extra virgin olive oil, gelatin, glycerin, beeswax, purified water, sunflower lecithin, ascorbyl palmitate, annatto color.

Non-GMO

Q+®, Kaneka Ubiquinol™, and the quality seal™ are registered or pending trademarks of Kaneka Corp.

Dosage and Use

- Take one (1) softgel with food once or twice daily, or as recommended by a healthcare practitioner.

Warnings

These statements have not been evaluated by the Food and Drug Administration.
These products are not intended to diagnose, treat, cure, or prevent any disease.

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