CoQ10

Coenzyme Q10 (CoQ10) is a fat-soluble, vitamin-like compound found naturally in nearly every cell of the body. It concentrates in organs requiring the most energy as it is essential to the process of producing cellular energy from foods you eat.

CELLULAR ENERGY PRODUCTION CoQ10 supports cellular energy production processes in the body. It is found in organs with the highest energy needs. It is in the energy powerhouse of nearly all cells where energy production occurs. It converts carbohydrates, protein and fats into ATP (cellular energy).

ANTIOXIDANT CoQ10 helps neutralize free radicals, a type of unstable molecule.

HEART HEALTH CoQ10 helps support heart function. The heart has one of the body’s highest concentrations of cellular mitochondria (energy powerhouse of cells), which is where CoQ10 can be found.

OPTIMAL INTAKE
No formal recommendations exist from professional organizations for CoQ10 supplementation, but many physicians recommend:

ADULTS 100 – 400 mg/day

WHY DO WE NEED IT? CoQ10 blood levels naturally lower with age and certain statin drugs (used for high cholesterol) can reduce CoQ10 levels in the body. The heart and brain also rely on optimal levels.

SOURCES
While the body can make CoQ10, average daily intake from food is only 3 – 6 mg / day.

Food sources include:
- Meat
- Poultry
- Fish
- Soybean
- Oils
- Seeds
- Nuts

CoQ10 is best absorbed with fat in a meal.

FORMS

Both CoQ10 forms are important, effective and do great things for your body

UBIQUINOL
- Fully reduced, active form.
- Form of CoQ10 used in the cellular energy production process.
- Becomes UBIQUINONE when it carries out its role in the body.
- Donates an electron in the energy chain.

UBIQUINONE
- Fully oxidized form.
- Form of CoQ10 most commonly found in supplements.
- Transforms to UBIQUINOL when used by the body.
- Accepts electrons from other molecules in the energy chain.

MAINTAINING A STATE OF EQUILIBRIUM VIA RECYCLING IS BENEFICIAL TO THE BODY

Nature Made is the #1 Pharmacist Recommended brand of Coenzyme Q10 (CoQ10), and 4 Nature Made CoQ10 products are USP verified for quality and purity.

©2020 Pharmavite LLC

†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.

‡Find those Nature Made USP Verified products on NatureMade.com/USP

Contents are for the sole use of Pharmavite LLC and its intended Health Care practitioner recipients. Unauthorized review, use, disclosure or distribution is strictly prohibited.

This information is only for educational purposes and is not medical advice or intended as a recommendation of any specific product(s). Consult your health care provider for more information.

**Based on US News & World Report - Pharmacy Times Survey

References available upon request.