

## CoQsol-CF® CoQ10 100mg – a nutritionist's guide

Before you begin supplementation, we have prepared some additional information about this product which you may find useful for optimal results with your nutrition regime.

### Dosing guidelines

We recommend that adults take 1 softgel daily with food. For additional support, take 1 softgel twice daily, morning and afternoon. Do not exceed the maximum dose.

### Feeling the benefits

Generally, those with lower CoQ10 status tend to feel the most benefits of this product, and quicker. For example, increased energy levels may be one of the main noticeable improvements. However, if you already have good CoQ10 levels, this supplement is not going to give you the energy of a superhero.



*Maxine Sheils BSc (Hons), DipCNM  
Nutritionist*

Many people also supplement CoQ10 for heart health but this can be a lot more difficult to notice the benefits from.

Perhaps try recording your reasons for taking *CoQsol-CF® CoQ10 100mg* (e.g. symptoms), and score them on a scale of 1-10. By reviewing this each month, you may start to notice gradual improvements in your symptoms.

### Requiring more intensive support?

CoQ10 exists in two forms; as ubiquinol (the active form) and ubiquinone. The body recycles ubiquinone to ubiquinol but this process becomes compromised with age.

*CoQsol-CF® CoQ10 100mg* has been expertly developed to increase CoQ10 (ubiquinone) levels for sustained action. However, for statin users, those with poor health or older age, we recommend *VESIsorb Ubiquinol-QH* which provides the body-ready form of CoQ10 as ubiquinol for more intensive support.

**Taking other supplements alongside CoQsol-CF CoQ10**

CoQsol-CF® CoQ10 100mg is generally a safe supplement to take alongside most supplements and herbs. As coenzyme Q10 naturally helps to support high blood pressure, please ensure you advise your GP if you are taking any antihypertensive drugs, as they may need to monitor you more closely, but, overall, coenzyme Q10 will support the simultaneous use of prescription antihypertensive drugs.

**Softgels stuck together?**

Whilst rare, softgels may stick together. If this should occur, the softgels are still safe to consume. We recommend putting the bottle in a slightly cooler place for a while before shaking the bottle/tapping it on a table or countertop to loosen the softgels.

**Cloudy/discoloured softgels?**

When exposed to cold conditions, such as during a winter delivery or if stored in a fridge, the oils within the CoQsol-CF® CoQ10 100mg softgels may separate and appear discoloured or cloudy. This can be compared to how good quality olive oil appears when refrigerated and can be more apparent in translucent softgels. This does not affect the quality of the active ingredients and the softgels are still safe to consume. We advise that this product be stored at room temperature and not in the fridge.

**Citrus burps?**

The D-limonene used in this formula to solubilise CoQ10 crystals is a natural extract from cold-pressed orange skins. When taking this product it is normal to experience the occasional citrus-flavoured burp; this may be less noticeable if taken with a meal.

**Ask a nutritionist**

Igennus nutritionists are available to answer any queries you may have about any of our products. You can contact us via live chat at [Igennus.com](https://www.igennus.com), email [askourexperts@igennus.com](mailto:askourexperts@igennus.com) or call +44 (0)1223 421434.

Wishing you health and longevity,

Maxine & the Igennus team

