IMMEDIATE RELEASE

CO-ENZYME Q10

CRYSTAL-FREE

Promotes heart health & antioxidant defense

endurance products COMPANY
Since 1978

WHAT IS IT?

Co-Enzyme Q10 features CoQsol-CF® a highly soluble, crystal-free form of CoQ10 (ubiquinone) along with high-potency vitamin E and mixed tocopherols. It's specially formulated to overcome common barriers to CoQ10 absorption that can occur with regular powdered forms.

With superior CoQ10 absorption, backed by clinical research, each easy-to-swallow softgel helps maintain high blood levels of this important nutrient.

HOW DOES IT WORK?

Co-Enzyme Q10 (CoQ10) is distributed in all cell membranes, mainly in the inner membrane of the mitochondria where it carries out its main function in oxidative respiration for the Krebs cycle and the electron transport chain to help generate cellular energy in the form of ATP. As a general rule, tissues with high metabolic activity (e.g., heart, kidney, liver and muscle) contain relatively high levels of CoQ10.

CoQ10 also functions as an antioxidant. In addition to direct antioxidant radical scavenging, CoQ10 is capable of reducing and regenerating other antioxidants, such as tocopherol (vitamin E) and ascorbate (vitamin C).[1]

WHO CAN BENEFIT?

For adults who need nutritional support for heart health as well as whole body health. It is especially helpful for people who take statin drugs.

PRODUCT AVAILABILITY

Bottle Size(s):
120 softgels

PRACTITIONER DISTRIBUTION

■ WholeScript™ (www.wholescript.com)

Supplement Facts

Serving Size 1 Softgel

Amount Per Softgel		% DV
Vitamin E (as d-alpha tocopherol)	20 mg	133%
Coenzyme Q10	100 mg	*
Mixed Tocopherols	15 mg	*

* Daily Value (DV) not established.

Other Ingredients: D-Limonene oil, gelatin, glycerin, purified water, red radish powder, medium chain triglycerides, carob extract concentrate, and caramel liquid.

Suggested Use: Take one (1) to two (2) softgels, twice daily, preferably with meals, or as directed by your healthcare practitioner.

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RESEARCH HIGHLIGHTS

Helps replenish age-related CoQ10 decline

The levels of CoQ10 in humans depend on age, sex and race, and on the health of the individual. In a normal healthy young person, the total body content of CoQ10 has been estimated to be 0.5-1.5 g. Decreased levels of CoQ10 are found in patients with cardiomyopathies, congestive heart failure and degenerative diseases, during aging, and in age-related diseases.[1]

Promotes energy production in the heart

Several human studies have been published demonstrating heart health benefits with CoQ10 supplementation (50-200 mg/day).[2,3,4]

Helps protect LDL from oxidation

In healthy men, supplementation of a single dose of ubiquinone (100 or 200 mg/day) has been shown to increase total plasma CoQ10 content by 80% and 150%, respectively, within 6 hours, while longer term supplementation (100 mg, three times daily, for 11 days) resulted in a 4-fold enrichment of ubiquinol in plasma and low-density lipoprotein (LDL) particles.[5] These findings suggest CoQ10 can help increase the resistance of LDL particles to free radical oxidation.

Supports healthy blood vessel function

One controlled clinical trial[6] with 33 patients with coronary artery disease indicates CoQ10 (100 mg, three times daily, for one month) is significantly better than placebo for improving a major antioxidant enzyme system of the endothelium and for improving endothelium-dependent blood vessel relaxation.

Supports healthy blood pressure

One meta-analysis[7] of 12 clinical trials (362 patients) indicates CoQ10 (100-120 mg for 8-12 weeks) has the potential to lower systolic blood pressure by up to 17 mm Hg and diastolic blood pressure by up to 10 mm Hg without significant side effects in patient with high blood pressure.

Helps prevent exercise-induced oxidation, improving athletic performance & recovery

In one double blind, randomized, placebo-controlled, crossover study[8] involving 15 healthy and sedentary men, CoQ10 (100 mg/day for 8 weeks) partially prevented the increase in exercise-induced lipid peroxidation after repeated short-term supramaximal exercise.

In one double-blind, placebo-controlled, cross-over study[9] involving 25 elite cross-country skiers, CoQ10 (90 mg/day for 6 weeks) significantly improved physical performance as measured by aerobic and anaerobic thresholds and aerobic capacity (VO2Max). During supplementation, 94% of the athletes felt the preparation had been beneficial in improving their performance and recovery time vs. only 33% during the placebo period.

Helps replenish CoQ10 depleted by statin drugs or cigarette smoking

Controlled trials[10,11] involving co-administration of supplemental CoQ10 (100-180 mg/day for 6 weeks) with statin drug therapy indicate improvements in blood levels of CoQ10.

Cigarette smoking significantly lowers CoQ10 body reserves in healthy adults, particularly in women. Smoking has a negative impact on the body's oxidative defense system not only through the production of free radicals in smoke, but also through the use of the body's reserves of antioxidants.[12]

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7. Rosenfeldt FL, et al. *J Hum Hypertens.* 2007;21(4):297-306.
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