



**Powerful antioxidant that supports cardiac, cognitive, immune health and more**

## APPLICATIONS / BENEFITS

- Supports a healthy cardiovascular system
- Promotes blood vessel and circulatory health
- Provides antioxidant protection against free radical damage
- Promotes cognitive and nerve health

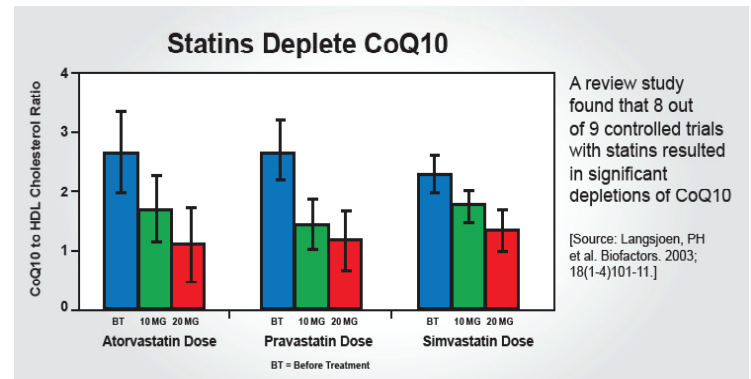
## OVERVIEW

**Patient One Coenzyme Q10** supplies this fat-soluble antioxidant in a base of organic extra virgin olive oil. Research indicates that oil-based CoQ10 has greater absorption and utilization than the powdered form. CoQ10 is necessary for the production of cellular energy and supports cardiovascular, neurological, and immune system health.

## KEY INGREDIENTS

**Coenzyme Q10** is present in almost all cells where it is necessary for mitochondrial energy production. As a potent antioxidant, CoQ10 provides protection against free radicals and is also capable of recycling and regenerating other antioxidants. While the body produces CoQ10, levels decrease with advancing age and with lifestyle choices that compromise nutrition status. Research has shown that supplementation improves levels of CoQ10 in the body, and levels decline when supplementation ceases.

CoQ10 provides support to all cells throughout the body and is particularly supportive of tissues that require a lot of energy, such as the heart muscle. Coenzyme Q10 is often suppressed in those with cardiovascular conditions, and CoQ10 depletion is often associated with cholesterol-lowering statin drugs (see accompanying graphic). As such, co-administration with statins is recommended.



Antioxidant supplementation can be beneficial for healthy cardiovascular function by decreasing the oxidation of LDL cholesterol. CoQ10 supports cardiac tissues by improving endothelial function and by having a direct anti-atherogenic effect, leading to lower blood pressure and improved myocardial contractility.

## RESEARCH

- Over 1,100 patients with heart concerns were given 50-150 mg of CoQ10 daily for three months. At study's end, cardiologists reported that 80% of the patients enjoyed positive results by taking CoQ10 as a complementary therapy. Overall, 54% of subjects enjoyed improvement in three or more heart symptoms, which researchers interpreted as an enhancement in quality of life.

- A review was conducted to examine plasma CoQ10 response to orally ingested CoQ10 formulations as an indicator of CoQ10 bioavailability in these products. It

was concluded that solubilized formulations of CoQ10 (both ubiquinone and ubiquinol) have superior bioavailability as evidenced by their enhanced plasma CoQ10 responses.

## REFERENCES

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## Supplement Facts

**Serving Size:** 1 Capsule

Servings per container: 60 or 120

### Amount Per Serving

Coenzyme Q10 (ubiquinone)	100 mg*
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\* Daily Value not established

**Other Ingredients:** organic extra virgin olive oil, gelatin (capsules), silica, d-alpha tocopherol

**Free of:** milk, egg, fish, peanuts, crustacean shellfish, soy tree nuts, wheat, yeast and gluten. Free of ingredients derived from GMOs.

**Suggested Use:** Take 1 capsule up to 3 times daily, preferably with a meal, or as directed by your health practitioner. Store in a cool, dry place.

**Caution:** If you are pregnant, nursing, or taking any medications, consult your health practitioner before use. Discontinue use and consult your health practitioner if any adverse reactions occur. **Keep out of reach of children.**

Gluten Free

Non-GMO

Gelatin Caps

The statements in this document have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

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MediNutritionals

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