



Press Release

Increase your energy with PQQ and coenzyme Q10

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When it comes to energy, two things go together: PQQ and coenzyme Q10.

These two "new" micronutrients, PQQ and coenzyme Q10, are gaining popularity as energy boosters in everyday life.

Coenzyme Q10, also known as ubiquinone-10, is produced by the body itself and is essential for the energy production process in the mitochondria. Deficiencies of this coenzyme can occur with certain health conditions, such as increased stress or medication use, which can manifest in symptoms such as fatigue and muscle weakness. Coenzyme Q10 can be ingested through foods such as fatty fish, meat, nuts and seeds and can also be found in dietary supplements.

PQQ, or pyrroloquinoline quinone, is another important micronutrient that plays a role in our body's mitochondria. PQQ can help strengthen mitochondria and promote energy production. In addition, PQQ may regulate inflammatory responses, reduce oxidative stress and support healthy aging. Sources of PQQ include fermented soybeans, green tea, spinach, beans, cabbage, kiwi and papaya.

The combination of PQQ and coenzyme Q10 is particularly interesting. While coenzyme Q10 is crucial for energy production, PQQ can help regenerate coenzyme Q10 and increase its effectiveness. In addition, taking PQQ and

coenzyme Q10 can reduce oxidative stress and promote mitochondrial health.

Therefore, taking PQQ and coenzyme Q10 together could be an effective way to increase energy and support overall well-being.

Further information on the two micronutrients, as well as various studies, can also be found at <https://mitocare.de/blogs/wissensblog/mehr-energie-mit-pqq-und-coenzym-q10>.

About MITOcare

"Every person deserves to be healthy".

This is the claim of MITOcare, the innovation driver in the field of micronutrients.

Our wide range of bioactive substances and natural products has been developed together with physicians and is continuously optimized according to the latest scientific findings.

Our production takes place in the DACH region and thus contributes to sustainable business. With our natural, vegetable capsule shells and especially with our bioavailable ingredients.

MITOcare was founded in 2013. The company is headquartered in Munich and currently employs 47 people. MITOcare is a member of the Association of Medium-Sized European Manufacturers and Distributors of Food Supplements & Health Products e.V. (NEM).

For more information about our company, our philosophy and our products, please visit www.mitocare.de.

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Professional soccer player Quirin Moll has relied on MITOcare's nutritional products for years