



Mitochondria Nutrition PQQ

Optimized mitochondrial function with PQQ

Mitochondria Nutrition PQQ is a multivitamin providing the following super bioavailable nutrients for optimal mitochondrial activity:

- ✓ PQQ – pyrroloquinoline quinone (30 mg)
- ✓ Vitamin D3 (3000 IU)
- ✓ Vitamin K2 (240 mcg) in the form of MK7
- ✓ Vitamin B6 (22.5 mg) in the form of pyridoxal 5-phosphate (P-5-P)
- ✓ B12 (1000 mcg) in the form of methylcobalamin
- ✓ Folate (1000 mcg) in the form of MTHF
- ✓ CoQ10 (50 mg)
- ✓ L-Carnitine Tartrate (39 mg)

This formulation was developed by practicing physicians and medical professors to offer a product which is therapeutic for treating common nutritional deficiencies. The easy 2-3 capsules per day dosage is designed to enhance patient compliance.

Formulation Features

- Offers therapeutic doses of bioavailable nutrients for optimal mitochondrial production and activity.



Formula

Serving Size: 1 capsule
Servings Per Container: 90

Amount Per Serving	
Vitamin A (Retinyl Palmitate) 1,000 IU	302 mcg RAE
Vitamin C (as Ascorbic Acid)	50 mg
Vitamin D3 (Cholecalciferol) 1,000 IU	25 mcg
Vitamin E (as D-Alpha Tocopheryl Acetate & Natural Vitamin E [Covi-ox™]) 75 IU	50.25 mg AT
Vitamin K2 (as MK-7)	80 mcg
Vitamin B1 (from Thiamin HCl)	500 mcg
Vitamin B2 (Riboflavin)	3 mg
Vitamin B3 (Niacin)	15 mg
Vitamin B6 (from Pyridoxal-5-Phosphate)	7.5 mg
Folate (from Calcium L-5 Methyltetrahydrofolate)	333.3 mcg
Vitamin B12 (as Methylcobalamin)	333.3 mcg
Biotin (as D-Biotin)	66.6 mcg
Vitamin B5 (from d-Calcium Pantothenate)	33.3 mg
Iodine (from Potassium Iodide)	50 mcg
Magnesium (as Mg-L-Threonate & Mg Citrate)	20 mg
Zinc (from Zinc Citrate)	5 mg
Selenium (Selenium amino acid chelate)	133.3 mcg
Copper (from Cupric Citrate)	0.33 mcg
Manganese (from Manganese Citrate)	2.5 mg
Chromium (from Chromium Polynicotinate)	166.6 mcg
Molybdenum	33.33 mcg
Coenzyme Q10 (Ubidecarenone)	16.60 mg
L-Carnitine Tartrate	13 mg
Pyrroloquinoline quinone (PQQ) (disodium salt)	10 mg

Non-Medicinal Ingredients: microcrystalline cellulose, hypromellose (capsule), vegetarian leucine, rice concentrate, Curcumin Lecithin (Meriva™) Organic Nu-Mag.
Store in cool, dry place.



Mitochondrial Benefits from PQQ

- PQQ (pyrroloquinoline quinone) daily supports the production of new mitochondria for optimal cell energy production.
- Protects mitochondrial DNA.
- Supports healthy aging by supporting thousands of biochemical actions in the body.
- Neuroprotective by supporting normal blood flow to the brain.
- PQQ combined with COQ10 supports healthy energy.

Supplementation

- Take two to three capsules daily.

Diet & Lifestyle

- Minimize physical and emotional stress
- Eat organic, whole foods as much as possible
- Exercise moderately and consistently
- Avoid known allergens and toxic chemicals
- Sleep 7-8 hours minimum per night



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