

# CoQ10 and ubiquinol for antioxidant and cardio care

Coenzyme Q10 (CoQ10) is involved in energy production within every cell in the body, and helps support the good health of nearly all organs.<sup>1</sup> CoQ10 is especially important in organs with high energy requirements like the heart, making it an important nutrient for normal healthy heart muscle function and good cardiovascular health.<sup>2</sup>

As well as these specific benefits, CoQ10 is a powerful antioxidant and may help reduce damage to cells and DNA.<sup>2</sup>

CoQ10 must be transformed in the body to its active form, ubiquinol, before it can be transported to the cells.



CoQ10 is made by the body, but the amount our bodies can make declines with age. In fact, levels of CoQ10 in the body peak at around age 20 and decline steadily thereafter.<sup>3</sup> By age 40, we have roughly 40% less CoQ10 than at age 20 and 60% less by age 70.<sup>4</sup>

**For more information about supplementing with BioCeuticals CoQ10 or ubiquinol products, talk to your healthcare professional.**

Always read the label. Use only as directed and if symptoms persist, consult your healthcare practitioner. Vitamin supplements should not replace a balanced diet.

**References:** **1.** Saini R. Coenzyme Q10: The essential nutrient. J Pharm Bioallied Sci 2011;3(3):466-467.

**2.** Mantle D. Coenzyme Q10 and cardiovascular disease: an overview. Br J Cardiol 2015;22:160. **3.** Talbott SM, Hughes K. The health professional's guide to dietary supplements, 2007. Lippincott Williams & Wilkins: Baltimore. **4.** Creveling LR. Living by design, 2010. Lulu Enterprises: Morrisville.



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