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## CoEnzyme Q10 300mg

### CLINICAL APPLICATIONS

- Enhances Cellular Energy Production and Physical Performance
- Supports Cardiovascular Health
- Boosts Antioxidant Activity
- Supports Blood Sugar Balance Already Within Normal Levels
- Promotes Neurological Health

### What is CoQ<sub>10</sub>?

Coenzyme Q<sub>10</sub> (CoQ<sub>10</sub>), also known as ubiquinone, is a proenzyme produced naturally within the body. CoQ<sub>10</sub> plays a critical role in energy (ATP) production and is one of the most powerful known lipid-soluble antioxidants, protecting cells, organs and tissues from damage caused by oxidative stress and free radicals. CoQ<sub>10</sub> inhibits protein and lipid oxidation and protects mitochondrial DNA from oxidative damage. This CoQ<sub>10</sub> 300mg formulation is highly concentrated for those that need to quickly and effectively increase levels of CoQ<sub>10</sub>. CoQ<sub>10</sub> 300mg is delivered in a proprietary oil-based formulation and includes natural vitamin E for enhanced absorption and maximum stability.

### Overview

CoQ<sub>10</sub> is a lipid-soluble antioxidant found in every cell in the body. CoQ<sub>10</sub> is abundant in the mitochondrial membrane and plays an important role in the synthesis of adenosine triphosphate (ATP), a molecule of chemical energy upon which all cellular functions depend. The synthesis of ATP within the mitochondria is a multi-step series of biochemical reactions called the electron transport chain. As a coenzyme, CoQ<sub>10</sub> is required for several enzymatic reactions required to produce cellular energy and to protect the body against free radicals produced during this process. To maintain energy production, mitochondrial CoQ<sub>10</sub> is continuously recycled from ubiquinone, its ATP production state, to ubiquinol, its antioxidant state. After the age of 35 to 40 years, endogenous synthesis of CoQ<sub>10</sub> begins to decline.<sup>1</sup>

CoQ<sub>10</sub>, an essential component of cellular energy production, has been shown to extend cell life and benefit high-energy systems, namely the cardiovascular, neurological, and immune systems. Supplementation with a highly concentrated, oil-based CoQ<sub>10</sub> enables faster recovery of CoQ<sub>10</sub> levels for those that have increased CoQ<sub>10</sub> requirements including: those with drug-induced depletion, increasing age, or increased tissue demands. The safety of CoQ<sub>10</sub> at high doses has been tested in a double-blind, placebo-controlled study.<sup>[2]</sup> The findings in this study showed that CoQ<sub>10</sub> was well tolerated and safe at a high intake (900 mg/day).<sup>2</sup>

### CoQ<sub>10</sub> Depletion<sup>†</sup>

The body's ability to produce and metabolize CoQ<sub>10</sub> has been

reported to decrease with age. CoQ<sub>10</sub> deficiency may be caused by insufficient dietary intake of CoQ<sub>10</sub>, impairment in CoQ<sub>10</sub> production, drug-induced CoQ<sub>10</sub> depletion, gene mutations, and oxidative stress. HMG-CoA reductase is an enzyme required for the synthesis of cholesterol and CoQ<sub>10</sub>. Cholesterol lowering medications inhibit this enzyme in order to reduce cholesterol synthesis, but may also simultaneously deplete CoQ<sub>10</sub> status. Thirteen controlled studies conducted between 1990-2004 demonstrated significant CoQ<sub>10</sub> depletion, secondary to use of statin medications used to lower cholesterol levels.<sup>3</sup> These studies demonstrated a range of 19-54% decrease in CoQ<sub>10</sub> levels in patients on statin therapy. In the event of CoQ<sub>10</sub> depletion, supplementation can improve CoQ<sub>10</sub> status and help maintain optimal levels in the body.

### Antioxidant Protection<sup>†</sup>

Oxidative stress is a condition that occurs when there is an imbalance between free radicals and the antioxidants required to neutralize them, leading to oxidative damage in the body. The extent of oxidative stress depends on the rate of free radical generation, the level of antioxidant reserves and the rate of repair of cellular and tissue damage. This process has a significant impact on the body's aging process. In its role in electron transport, CoQ<sub>10</sub> continuously goes through an oxidation-reduction cycle in order to neutralize free radicals and provide significant protection against toxic oxidative reactions in the body.

### Cardiovascular Health<sup>†</sup>

CoQ<sub>10</sub> is important for all energy-dependent processes, and is especially helpful in strengthening contraction of the heart muscle. CoQ<sub>10</sub> is also important for protection against free radical damage to the arterial vessels. In a double-blind, cross-over trial 19 patients received 100 mg CoQ<sub>10</sub>/day or placebo for 12 weeks. Compared with placebo, patients receiving CoQ<sub>10</sub> demonstrated significant support of cardiac function and increased tolerance for physical activity.<sup>4</sup> In another study, 109 patients received an average dose of 225 mg of CoQ<sub>10</sub> per day. After a mean treatment period of 4.4 months, CoQ<sub>10</sub> helped in maintaining healthy blood pressure levels in more than half of the patients.<sup>5</sup> CoQ<sub>10</sub> has been shown to be a preventive factor in reducing low-density lipoprotein (LDL) oxidation- a major factor for supporting healthy cholesterol levels.<sup>6</sup>

## Blood Sugar Balance<sup>†</sup>

The electron transport chain, a biochemical pathway in which CoQ<sub>10</sub> plays a major role, significantly impacts carbohydrate metabolism. CoQ<sub>10</sub> has been shown to support blood sugar balance already within normal levels.<sup>7</sup> In one study, 39 subjects received 120mg of a CoQ<sub>10</sub> analog for 2-18 weeks. Fasting blood sugar levels were maintained in the normal range, along with a 30% decrease of ketone bodies in 59% of patients- an indicator of healthy blood sugar metabolism.<sup>8</sup>

## Neurological Health<sup>†</sup>

Neurons are characterized by high rates of metabolic activity and the need to respond quickly to energy demanding fluctuations in the brain. Mitochondrial alterations, leading to reduced ATP production, can promote neuronal dysfunction and degeneration via increased production of reactive oxygen species in the central nervous system. As an effective carrier with strong antioxidant properties, CoQ<sub>10</sub> has been shown to promote neurological health.<sup>9</sup>

## Directions

1 soft gel capsule per day or as recommended by your health care professional.

## Does Not Contain

Gluten, artificial colors or flavors.

| Supplement Facts <sup>V1</sup>                  |                    |               |
|-------------------------------------------------|--------------------|---------------|
| Serving Size 1 Soft Gel Capsule                 |                    |               |
| Servings Per Container 30 & 60                  |                    |               |
|                                                 | Amount Per Serving | % Daily Value |
| Vitamin E<br>(from 30 IU as d-Alpha Tocopherol) | 20 mg              | 133%          |
| CoEnzyme Q10                                    | 300 mg             | *             |
| * Daily Value not established.                  |                    |               |

## References

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