

CO-Q-10

**Stabilized & Highly
Absorbable
Coenzyme Q10**



Supplement Facts:

Serving Size: 1 Softgel

Servings Per Container: 60

Amount Per Serving		% Daily Dose
Vitamin E (as D-Alpha Tocopherol)	5 IU	17 %
Coenzyme Q10	100mg	+

+ Daily Value (DV) Not Established

Other ingredients: Rice Bran Oil, Soybean Lecithin source of Phosphatidylcholine.

Shell ingredients: Gelatin, Purified Water, Glycerin, Titanium Dioxide, Annatto.

Suggested Dose: 1 softgel daily with a meal

Board Application:

Because of its multiple benefits, **CO-Q-10** can be incorporated into many health programs. Although most of the research on **CO-Q-10** relates to its cardioprotective and free radical scavenging abilities, it has also been shown to support several aspects of good health, from periodontal health to performance.*

CO-Q-10 is found in cellular components and cell membranes, and is therefore found in body tissues. The primary functions of **CO-Q-10** are two-fold-bioenergetic and antioxidant.

Dr. Ferre's Optimal Health

1- Energy Production:

Mitochondria are cellular organelles that serve as sites for most of cellular energy (ATP) production. For this reason, mitochondria are sometimes referred to as the “powerhouses” of the cell. **CO-Q-10** is a vital component in the mitochondrial ATP-generating process by acting as an electron acceptor/proton donor; hence, its presence in the body is fundamental for the support of cellular life. **CO-Q-10** administration is associated with enhanced mitochondrial enzyme activity and energy production.

Not surprisingly, **CO-Q-10** is highly concentrated in muscles as well as organs that require a large energy supply, including the brain and heart. The indispensable role of **CO-Q-10** in bioenergetics, which supports diverse life functions, implies that **CO-Q-10** may be associated with the maintenance of health on a variety of levels.

2- Antioxidant activity:

It is also highly protective to lipids, including low-density lipoproteins, which may have a significant impact on cardiovascular health. **CO-Q-10** is found in all plasma membranes as well as in all intracellular membranes, where it protects them from oxidation. In addition, its role in membrane stabilization helps to support cellular integrity and therefore protects intracellular components.

Areas of research demonstrating the bioenergetics and antioxidant benefits of **CO-Q-10** include:

- ✓ **Cardiovascular health**
- ✓ **Brain/neurologic health**
- ✓ **Muscle/exercise performance**
- ✓ **Immune system health**
- ✓ **Breast health**
- ✓ **Periodontal health***

Excellent Stability & Bioavailability

Dr Ferre's Optimal Health **CO-Q-10** formula is an all-natural supplement manufactured with extraordinary attention to enhancing bioavailability and maintaining stability. The stability and bioavailability of **CO-Q-10** supplements for therapeutic use must be ensured for maximum effectiveness. Due to its molecular instability, low-melting point, light sensitivity, and lipophilic

(“lipid-loving”) nature, **CO-Q-10** must be manufactured under stringent quality control standards.

Because **CO-Q-10** is a fat-soluble nutrient, a lipid-based formula like Dr Ferre's Optimal Health **CO-Q-10** can positively impact bioavailability. *

Added Benefits of Vitamin E

Vitamin E and **CO-Q-10** are believed to have an interactive effect wherein **CO-Q-10** has a sparing effect on vitamin E, and vitamin E plays a role in determining tissue retention of exogenous **CO-Q-**

10. By combining these two lipid-soluble nutrients, Dr Ferre's Optimal Health **CO-Q-10** offers you excellent two-in-one protection.*

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnosis, treat, cure or prevent any disease.

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