

PRODUCT INFORMATION

Co Q10[®]

CoQ10[®] is involved in many vital transformations within the cells and acts as a powerful free-radical fighter, protecting the cells against oxidative damage.

Basic Facts

Coenzyme Q10 is also known as ubiquinone: The name refers to the «ubiquitous» presence of this substance in the human body, which is indicative of the important role it plays in cell metabolism. CoQ10[®] is involved in many vital chemical transformations within the cells, including the formation of adenosine triphosphate (ATP), the energy store of the cells.

Coenzyme Q10 is formed in the liver but is also ingested with food. It is primarily found in beef, chicken, mutton, lamb, fish and eggs. As we age, our bodies cease to produce sufficient quantities of coenzyme Q10. Over time, this results in a state of deficiency, which can result in poor cardiac health.

Although insufficient coenzyme Q10 content in the blood can be compensated for by increasing the amount of coenzyme Q10-rich food like beef or eggs in the diet, unfortunately, consuming large amounts of these types of foods is also connected with an increased uptake of cholesterol and unhealthy saturated fatty acids.

As an antioxidant, coenzyme Q10, the most important of all known coenzymes, has a greater effect on a cellular level than the better-known vitamin E. It can be found in the cell membrane of the mitochondria, where it is responsible for the formation of vital enzymes and the energy-storing ATP (adenosine triphosphate). All cells of the body, particularly the muscle cells, and especially the heart muscle with its continuous load, are dependent on a permanent fuel supply. In most cases, the final important link in this release of energy is the splitting of energy-rich phosphate bonds such as those that exist in ATP. If the formation of ATP is disturbed, it can impair the natural functions of all cells in the body. Muscle cells have the greatest need for energy and therefore have the highest coenzyme Q10 content.

Effects

Numerous studies have outlined a plethora of beneficial effects of coenzyme Q10. For example, coenzyme Q10 has been shown to support optimal physical exercise tolerance in athletes as well as in sick people (for example, those suffering from anaemia).

Another important field of study involves cardiovascular concerns. In this respect, coenzyme Q10 was shown to be capable of supporting healthy blood flow to the heart and a healthy heart in general. Moreover, it promoted efficient heart functioning, and, as a consequence, helped to maintain healthy blood pressure within normal ranges.

Positive effects were also observed regarding sperm quality, and in supporting a healthy immune system. Protecting against free radicals, which are produced in greater quantities when infection or inflammatory diseases are present and when the body is exposed to contaminants, is another broad field of application. The antioxidant properties of coenzyme Q10 also make it a promising substance in anti-aging medicine. The positive effects of coenzyme Q10 on fat and sugar metabolism are also worth mentioning.

Uses

The most important indications for the use of coenzyme Q10 are based on the effects described above and on the many functions for which the cells need and use energy.

General well-being/anti-aging: Generally speaking, coenzyme Q10 supports optimal functional capacity and physical well-being. As we age, coenzyme Q10 levels decrease; this may be one of the many causes of aging. When there is a coenzyme Q10 deficiency, many cell functions are impaired, and, most importantly, it becomes increasingly difficult to fight cell-damaging

free radicals. In animal experiments, life expectancy in mice was extended by administering coenzyme Q10.

Cardiovascular system: It is a proven fact that a deficiency in coenzyme Q10 is associated with the development of various cardiovascular concerns. Studies showed that unhealthy blood flow within the coronary blood vessels can be positively influenced when coenzyme Q10 is administered. There is also an indication for administering coenzyme Q10 after a cardiac infarction, and in cases of insufficient cardiac output due to valvular defects and cardiac irregularities.



At a Glance

CoQ10[®]

- ▶ Powerful antioxidant properties help protect against free radicals
- ▶ Supports a strong immune system
- ▶ Promotes energy provision within the cells
- ▶ Supports the healthy degradation of lipids
- ▶ Helps maintain healthy blood pressure levels within normal ranges
- ▶ Promotes healthy blood flow to the heart
- ▶ Supports the recuperative capacity of muscle fibers after strain

CoQ10[®]

In each of these clinical situations, studies showed benefits regarding symptoms, the patients' physical fitness, general well-being and quality of life. Coenzyme Q10 also exhibited positive effects with maintaining healthy blood pressure within normal ranges; unhealthy blood pressure is a significant cause of many secondary heart problems.

Immune system: Coenzyme Q10 has been shown to support the immune system on a cellular level. Research has shown that coenzyme Q10 supports the healthy formation of protective cells in the thymus. These T cells are necessary for a healthy cellular immune response, and being killer lymphocytes, they are also able to destroy exogenous cells. Moreover, coenzyme Q10 has been shown to promote overall thymus health, which can naturally decrease with age.

Chronic health concerns: For chronic health concerns involving other organs, from the brain to the liver, it may be beneficial to use coenzyme Q10 in support of other measures. Other areas of indication are unhealthy sugar and fat metabolism and inflammatory conditions, especially those involving the gums.

Also worth mentioning is coenzyme Q10's well-established application as an adjunct treatment in sports medicine.

Composition

One capsule contains 30 mg, 60 mg, 100 mg or 200 mg coenzyme Q10 in pharmaceutical grade.

Other ingredients (30 mg, 200 mg): rice flour, magnesium stearate.

Other ingredients (60 mg, 100 mg): rice flour, magnesium stearate, SiO₂.

Dosage

In normal cases, depending on your age, take with plenty of fluid as follows:

25–40 years	from 30 mg daily
40–60 years	from 60 mg daily
from 60 years	from 120 mg daily

An ideal synergistic effect can be produced if the product is taken together with carnitine.

Instructions

Food supplements are no substitute for a well-balanced diet and a healthy lifestyle. The indicated recommended daily intake should not be exceeded. Persons under constant medical care should consult a physician before taking the supplements. Product information is not to be considered a statement regarding cure; in general, we advise against self-medication without proper consultation of a doctor. Subject to mistakes and print or typographical errors.

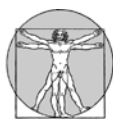
Store in a cool and dry environment, out of reach for children.

Co Q10® Product Groups

Co Q10® can be found in the following product groups (www.vitabasix.com):

-  Cardiovascular System
-  Depression & Moods
-  Immune System, Cell Protection & Antioxidants
-  Pain & Inflammation
-  Sports & Muscles
-  Metabolism & Weight

Manufacturer:



VitaBasix®

by LHP Inc.

www.vitabasix.com | uk@vitabasix.com

Tel.: 00800-7030-7060 | Fax: 00800-1570 1590

Important information:

Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual's general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.

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