



CoQ₁₀

INTRODUCED 1995

What Is It?

The essential nutrient Coenzyme Q₁₀ (CoQ₁₀) is a necessary component of cellular energy production. It is a component of the mitochondrial electron transport system in cells, which supplies energy required for all physiological functions.*

Uses For CoQ₁₀

Support For Cellular Energy Production: CoQ₁₀ is a core component of cellular energy production and respiration, shuttling electrons down the electron transport chain to produce the key energy-rich molecule adenosine triphosphate (ATP). It provides support to all cells of the body, and is especially supportive of tissues that require a lot of energy, such as the heart muscle, periodontal tissue, and the cells of the body's natural defense system.*

Cardiovascular Support: By enhancing energy levels, and promoting cellular and tissue health, CoQ₁₀ provides optimal nutritional support for the cardiovascular system. Numerous clinical studies suggest that CoQ₁₀ supports healthy blood flow and heart muscle function. Furthermore, it acts as an antioxidant, providing cellular protection from free radicals, helps to maintain the integrity of vitamin E, and promotes healthy lipid metabolism.*

What Is The Source?

Pure Encapsulations CoQ₁₀ is obtained naturally by fermentation from microorganisms. Pure Encapsulations CoQ₁₀ also contains hypoallergenic plant fiber (pine cellulose).

Recommendations

Pure Encapsulations recommends 60–1000 mg per day, in divided doses, with meals.

Are There Any Potential Side Effects Or Precautions?

At this time, there are no known side effects or precautions.

If pregnant or lactating, consult your physician before taking this product.

Are There Any Potential Drug Interactions?

CoQ₁₀ may react with blood thinning medications. Consult your physician for more information.

CoQ₁₀ 500 mg.

each vegetable capsule contains	V 00
coenzyme Q ₁₀	500 mg
(hypo-allergenic plant fiber may be added to complete capsule volume requirement)	
1–2 capsules per day, in divided doses, with meals.	

CoQ₁₀ 250 mg.

each vegetable capsule contains	V 0
coenzyme Q ₁₀	250 mg
(hypo-allergenic plant fiber added to complete capsule volume requirement)	
1–2 capsules per day, in divided doses, with meals.	

CoQ₁₀ 120 mg.

each vegetable capsule contains	V 0
coenzyme Q ₁₀	120 mg
(hypo-allergenic plant fiber added to complete capsule volume requirement)	
1–2 capsules per day, in divided doses, with meals.	

CoQ₁₀ 60 mg.

each vegetable capsule contains	V 3
coenzyme Q ₁₀	60 mg
(hypo-allergenic plant fiber added to complete capsule volume requirement)	
1–2 capsules per day, in divided doses, with meals.	

CoQ₁₀ 30 mg.

each vegetable capsule contains	V 3
coenzyme Q ₁₀	30 mg
(hypo-allergenic plant fiber added to complete capsule volume requirement)	
2–4 capsules per day, in divided doses, with meals.	

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.

