



Manufacturers of
Hypo-allergenic
Nutritional
Supplements



EPA/DHA-CoQ₁₀

INTRODUCED 2006

What Is It?

EPA/DHA-CoQ₁₀ combines ultra-pure molecularly distilled fish oil and coenzyme Q₁₀ (CoQ₁₀) to provide enhanced nutritional support for the cardiovascular system. This formula is available in both a softgel and liquid form. The liquid formula is enhanced with natural orange flavor for excellent taste and compliance.*

Uses For EPA/DHA-CoQ₁₀

Cardiovascular Health: EPA and DHA from fish oil promote heart health by supporting healthy triglyceride and lipid metabolism, maintaining healthy blood flow and supporting healthy platelet function. CoQ₁₀ is a necessary component of cellular energy production. 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. Studies have suggested that CoQ₁₀ supplementation promotes optimal CoQ₁₀ levels, enhances exercise capacity and supports overall cardiovascular health.*

What Is The Source?

Pure Encapsulations EPA/DHA products are molecularly distilled and microfiltered. They are sourced mainly from sardines and anchovies off the coast of Chile or Norway. They have been tested for contaminants including heavy metals, dioxans and furans, PCBs, peroxides and anisidine. CoQ₁₀ is derived from fermentation. The softgel product contains annatto extract and beeswax. The liquid product contains natural flavors derived from orange and citrus and a proprietary antioxidant blend of natural vitamin E, rosemary extract and ascorbyl palmitate derived from soy, rosemary, corn dextrose fermentation and palm oil respectively.

Recommendations

- Pure Encapsulations recommends:
- 1 or more softgels daily, with meals.
 - 1-3 teaspoons daily, with meals.

Are There Any Potential Side Effects Or Precautions?

Fish oils may cause burping, gastrointestinal upset or indigestion, nausea, diarrhea, or abdominal bloating. It has a mild blood thinning effect and may influence glucose metabolism in some individuals, typically at larger levels. If pregnant or lactating, consult your physician before taking this product.

Are There Any Potential Drug Interactions?

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

EPA/DHA-CoQ₁₀

each softgel capsule contains 20 sg	
calories.....	10
calories from fat.....	10
total fat.....	1 g
fish oil concentrate (anchovies, sardines).....	900 mg
providing:	
EPA (eicosapentaenoic acid).....	270 mg
DHA (docosahexaenoic acid).....	180 mg
coenzyme Q ₁₀	50 mg
vitamin E (d-alpha-tocopherol).....	10 i.u.
other ingredients: annatto extract, beeswax, gelatin capsule	
1 or more capsules per day, with meals.	

EPA/DHA-CoQ₁₀ liquid

each teaspoon (5 ml/0.18 fl oz) provides	
calories.....	40
calories from fat.....	40
total fat.....	4.5 g
saturated fat.....	1 g
cholesterol.....	25 mg
fish oil concentrate (anchovies, sardines).....	4,295 mg
providing (typical):	
EPA (eicosapentaenoic acid).....	687-859 mg
DHA (docosahexaenoic acid).....	429-644 mg
coenzyme Q ₁₀	100 mg
other ingredients: natural orange and citrus flavors, proprietary antioxidant blend (natural vitamin E, rosemary extract and ascorbyl palmitate)	
<i>This formula requires refrigeration after opening. Best when consumed within 90 days after opening. Contents may appear cloudy when refrigerated. Contents may precipitate; shake well.</i>	
1-3 teaspoons per day, 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.



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