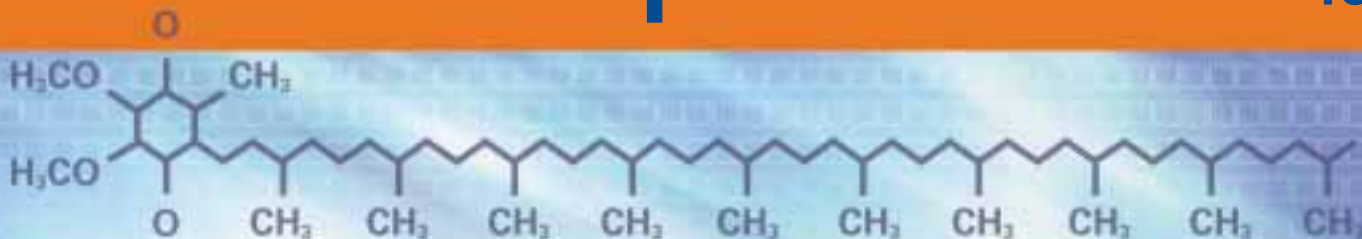


– Natural Japanese CoQ₁₀ –



Quality Assured CoQ₁₀:

- ✓ Natural, fermented Japanese CoQ₁₀
- ✓ Trans isomer CoQ₁₀; No cis isomer impurities
- ✓ Third party tested

Comprehensive CoQ₁₀ Family:

- Strengths from 30 to 500 mg;
Counts from 30 to 250 capsules
- Powder, liquid and softgel forms
- CoQ₁₀/fish oil and CoQ₁₀/carnitine combinations
- Q-Gel[®] Hydrosoluble™ CoQ₁₀ **NEW**





Health Benefits of CoQ₁₀

CARDIOVASCULAR HEALTH

Research has revealed the important cardiovascular health potential of CoQ₁₀, from supporting hemodynamic properties to healthy lipid metabolism. A meta-analysis involving 8 studies indicated that CoQ₁₀ supplementation promotes ventricular output, or stroke volume. Additional research suggests its ability to maintain healthy ventricular wall thickness. A role in healthy systolic and diastolic function, heart rhythm, endothelial function, and glycemic control has also been indicated. In addition, several randomized double blind, placebo-controlled studies indicate that CoQ₁₀ promotes healthy blood flow by maintaining healthy prostacyclin metabolism. It also promotes healthy lipid metabolism via antioxidant protection. Furthermore, it may help enhance exercise tolerance and moderate muscle fatigue.*

COGNITIVE AND NERVE HEALTH

One multicenter randomized double blind placebo-controlled trial involving 80 participants revealed that CoQ₁₀ promoted cognitive, nerve and motor health, particularly at the higher dosage amounts. Another similar trial indicated that CoQ₁₀ supplementation supported functional capacity.*

MUSCULOSKELETAL HEALTH

Two double blind trials, involving individuals ranging in age from 7 to 69 years of age, suggest that healthy plasma CoQ₁₀ levels are important for muscle function. The three-month studies revealed that CoQ₁₀ supplementation promoted muscle bioenergetics and physical performance.*

CELLULAR HEALTH

A prospective study involving almost 250 people recently revealed that healthy plasma levels of CoQ₁₀ may be related to cell health, particularly for the skin, breast, lung and pancreas. Related studies suggest a relationship between plasma CoQ₁₀ levels and cell membrane antioxidant protection.*

IMMUNE HEALTH

Preliminary but encouraging evidence suggests that CoQ₁₀ supplementation may promote immune function, supporting lymphocyte activity and healthy T4/T8 lymphocyte ratio.*

ORAL HEALTH

One double blind study revealed that CoQ₁₀ promotes periodontal health, as indicated by calculus and plaque scores. Another study indicated that CoQ₁₀ supported healthy gums and promoted gingival tissue recovery.*



CRANIAL VASCULAR HEALTH

An open label investigation suggests that CoQ₁₀ supports cranial vascular function. The study involved 32 participants supplementing with 150 mg CoQ₁₀ daily. Three months of CoQ₁₀ supplementation revealed statistically significant support for cranial vascular health.*

SKIN HEALTH

CoQ₁₀ enhances mitochondrial function, supporting the high-energy demands of skin cell renewal and collagen biosynthesis. It is also one of the only known naturally occurring lipophilic antioxidants present in the skin surface lipids of the epidermis, providing first-line protection from oxidative and environmental assaults. CoQ₁₀ also helps maintain DNA integrity and recycles other powerful antioxidants.*

MEN'S HEALTH

Research reveals that CoQ₁₀ may promote sperm cell health. CoQ₁₀ supplementation for 6 months boosted CoQ₁₀ levels in seminal plasma and sperm cells, as well as promoted sperm cell motility.*

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

TO ORDER CALL: 800-753-2277

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Our Extensive CoQ₁₀ Product Family

Powder-filled capsules

CoQ₁₀ 500 mg

➤ Natural, fermented Japanese trans isomer CoQ₁₀

each vegetable capsule contains

coenzyme Q₁₀ 500 mg.
(hypo-allergenic plant fiber may be added to complete capsule volume requirement)

1-2 capsules per day, in divided doses, with meals.

	quantity	order code
CoQ ₁₀ 500 mg.	60	CQ56
	30	CQ53

CoQ₁₀ 250 mg

➤ Natural, fermented Japanese trans isomer CoQ₁₀

each vegetable capsule contains

coenzyme Q₁₀ 250 mg.
(hypo-allergenic plant fiber added to complete capsule volume requirement)

1-2 capsules per day, in divided doses, with meals.

	quantity	order code
CoQ ₁₀ 250 mg.	60	CQ26
	30	CQ23

CoQ₁₀ 120 mg

➤ Natural, fermented Japanese trans isomer CoQ₁₀

each vegetable capsule contains

coenzyme Q₁₀ 120 mg.
(hypo-allergenic plant fiber added to complete capsule volume requirement)

1-2 capsules per day, in divided doses, with meals.

	quantity	order code
CoQ ₁₀ 120 mg.	120	CQ11
	60	CQ16
	30	CQ13

CoQ₁₀ 60 mg

➤ Natural, fermented Japanese trans isomer CoQ₁₀

each vegetable capsule contains

coenzyme Q₁₀ 60 mg.
(hypo-allergenic plant fiber added to complete capsule volume requirement)

1-2 capsules per day, in divided doses, with meals.

	quantity	order code
CoQ ₁₀ 60 mg.	250	CQ62
	120	CQ61
	60	CQ66
	30	CQ63

CoQ₁₀ 30 mg

➤ Natural, fermented Japanese trans isomer CoQ₁₀

each vegetable capsule contains

coenzyme Q₁₀ 30 mg.
(hypo-allergenic plant fiber added to complete capsule volume requirement)

2-4 capsules per day, in divided doses, with meals.

	quantity	order code
CoQ ₁₀ 30 mg.	250	CQ32
	120	CQ31
	60	CQ36

CoQ₁₀ L-Carnitine fumarate

➤ Natural, fermented Japanese trans isomer CoQ₁₀

➤ Combined with l-carnitine fumarate for enhanced mitochondrial and cardiovascular function*

each vegetable capsule contains

l-carnitine (free-form) 340 mg.
(from 586 mg. l-carnitine fumarate)

coenzyme Q₁₀ 60 mg.
vitamin C (as ascorbyl palmitate)..... 13 mg.

2-4 capsules per day, in divided doses, with meals.

	quantity	order code
CoQ ₁₀ L-Carnitine fumarate	120	CQF1
	60	CQF6



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Softgels

EPA-DHA/CoQ₁₀

- > Natural, fermented Japanese trans isomer CoQ₁₀
- > Combined with ultra-pure, molecularly distilled fish oil concentrate for enhanced cardiovascular support*

each softgel capsule contains

fish oil concentrate (anchovies, sardines).....900 mg.
 providing:
 EPA (eicosapentaenoic acid)..... 270 mg.
 DHA (docosahexaenoic acid) 180 mg.
 coenzyme Q₁₀.....50 mg.
 vitamin E (d-alpha-tocopherol)..... 10 i.u.
 other ingredients: annatto extract, beeswax, gelatin capsule

1 or more capsules per day, in divided doses, with meals.

	quantity	order code
EPA/DHA-CoQ ₁₀	120	EDQ1
	60	EDQ6

Q-Gel® 100 (Hydrosoluble™ CoQ₁₀) **NEW**

- > Solubilized natural, fermented Japanese trans isomer CoQ₁₀
- > With vitamin E to enhance solubility

Q-Gel® and Bio Solv® are registered trademarks of Tishcon Corp. Hydrosoluble™ is a trademark of Tishcon Corp. Manufactured under one or more of the following U.S. Patents: 6,056,971; 6,300,377; and 6,740,338.

each softgel capsule contains

vitamin E (d-alpha tocopheryl acetate).....150 i.u.
 coenzyme Q₁₀100 mg.
 Contains soy
 other ingredients: gelatin, sorbitol, glycerin, purified water, annatto seed extract (natural color) in a patented Bio Solv® base (polysorbate 80, hydroxylated soy lecithin, medium chain triglycerides).

1-2 capsules per day, in divided doses, with meals.

	quantity	order code
Q-Gel® 100 (Hydrosoluble™ CoQ ₁₀)	60	QG16
	30	QG13

Q-Gel® 60 (Hydrosoluble™ CoQ₁₀) **NEW**

each softgel capsule contains

vitamin E (d-alpha tocopheryl acetate).....150 i.u.
 coenzyme Q₁₀60 mg.
 Contains soy
 other ingredients: gelatin, sorbitol, glycerin, purified water, annatto seed extract (natural color) in a patented Bio Solv® base (polysorbate 80, hydroxylated soy lecithin, medium chain triglycerides).

1-2 capsules per day, in divided doses, with meals.

	quantity	order code
Q-Gel® 60 (Hydrosoluble™ CoQ ₁₀)	60	QG66
	30	QG63

Liquids

EPA-DHA/CoQ₁₀ liquid

- > Natural, fermented Japanese trans isomer CoQ₁₀
- > Combined with ultra-pure, molecularly distilled, orange-flavored fish oil liquid for enhanced cardiovascular support*

each teaspoon (5 ml) provides

fish oil concentrate (anchovies, sardines).....4,295 mg.
 providing (typical):
 EPA (eicosapentaenoic acid) 687-859 mg.
 DHA (docosahexaenoic acid)..... 429-644 mg.
 coenzyme Q₁₀ 100 mg.
 other ingredients: natural orange and citrus flavors, proprietary antioxidant blend (natural vitamin E, rosemary extract and ascorbyl palmitate)

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.

1-3 teaspoons per day, in divided doses, with meals.

	quantity	order code
EPA/DHA-CoQ ₁₀ liquid (orange flavor)	200 ml	EDO2



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Our CoQ₁₀ Quality Commitment

Natural vs. Synthetic

Natural CoQ₁₀ is produced by microbial (yeast or bacteria) fermentation, resulting in the production of the desirable trans isomer, the form identical in structure to CoQ₁₀ made by the human body. This allows for optimal bioactivity. There is no residual yeast or bacteria in the final product.

Synthetic CoQ₁₀ is produced as the result of a part fermentation, part synthetic process where the compound solanesol is extracted from tobacco leaf. The synthetic processing of this compound produces both cis and trans isomers. The cis isomer is an undesirable molecule as it does not occur naturally and is considered an impurity.

All of our CoQ₁₀ powders, liquids, and softgels contain 100% natural, fermented Japanese material and are third party tested.

CONSISTENCY

During recent periods of short supply and high demand, we continued to offer only 100% natural, fermented Japanese CoQ₁₀, without substituting, switching or blending with readily available and attractively priced synthetic versions.

Absorption and Pharmacokinetics: Powder, Oil-based and Hydrosoluble™ CoQ₁₀

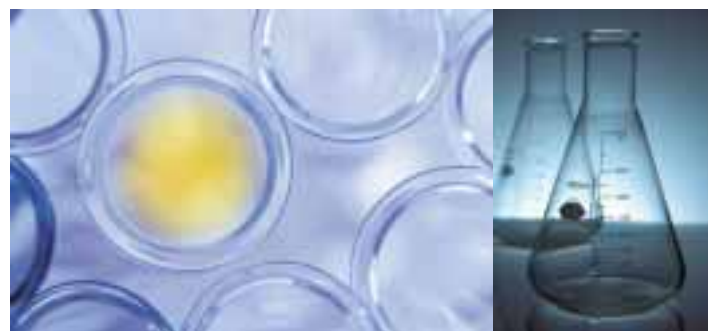
CoQ₁₀ absorption takes place as follows:

- As a fat soluble nutrient, it is emulsified with fats in the intestines and formed into micelles for absorption into the gut
- After it is absorbed, it enters the lymphatic system and travels to the blood stream
- Plasma levels peak within 5-10 hours and half-life is approximately 34 hours
- Maximal serum concentrations are reached after about 3 weeks of continuous use

A critical factor in CoQ₁₀ absorption is the surface area available for interaction with bile salts, the body's natural emulsifiers. CoQ₁₀ in powder-filled capsules taken with lipid-containing meals allows for it to be solubilized by fats, enhancing surface area for emulsification and absorption. CoQ₁₀ dissolved in oil, such as our EPA/DHA-CoQ₁₀ softgels and liquid, is absorbed similarly but has the advantage of being pre-solubilized in fat. This means it does not require proximity to meals of lipid composition.



Surface area is also increased with Hydrosoluble™ CoQ₁₀, or Q-Gel®. In this case, the particle size has been reduced in the patented Bio-Solv® process to a sub-micron size, greatly enhancing the surface area of the CoQ₁₀ which can be acted upon by the natural emulsifiers (bile salts) in the intestinal tract. The advantage is enhanced micellization and absorption. Absorption in this case is also independent of composition of meals.



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CoQ₁₀ Recommendations Overview

Application	Typical Dosage Range
General Health	30–60 mg/day
Cardiovascular Support	60–250 mg/day
Cognitive and Nerve Health	1200 mg/day
Musculoskeletal Health	100 mg/day
Cellular Health	90–390 mg/day
Immune Health	200 mg/day
Oral Health	50 mg/day
Cranial Vascular Health	150-300 mg/day
Skin Health	30–60 mg/day
Men's Health	200 mg/day

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