

Essential CoQ10

Ubiquinol – the readily absorbed, biologically active form of CoQ10

Coenzyme Q10 (CoQ10) is a nutrient that performs important functions throughout the body. It is particularly critical for the health of hardworking organs like the heart, liver, pancreas, and kidneys. The mitochondria—our body’s microscopic “power plants”—require CoQ10 to create energy. Our bodies naturally produce CoQ10, but certain conditions and medications increase our need for higher levels than our bodies can provide. It is difficult to obtain CoQ10 from foods, since the richest sources—organ meats—are not commonly eaten, and we would have to consume staggering amounts of other foods to meet our needs.

The two most important roles CoQ10 plays are in energy generation and antioxidant function. CoQ10 occurs in two different forms, ubiquinone and ubiquinol, to perform these functions. Our bodies convert ubiquinone to ubiquinol and recycle it back again. In fact, we need to convert ubiquinone to ubiquinol before it can be used in our cells. However, several things—such as aging, heart disease, and some medications—can interfere with this process, thereby increasing the need for supplementation.

Who can benefit?

- **Aging populations:** The body’s ability to convert ubiquinone to ubiquinol decreases naturally as we age. Supplementing with ubiquinol can help ensure we have sufficient levels to meet our body’s needs.
- **Those taking statin drugs:** The pathway by which statin drugs reduce the production of cholesterol in the body also reduces the production of CoQ10. Because of CoQ10’s fundamental role in energy generation, insufficient levels may be responsible for some of the common side-effects of statins, such as fatigue, muscle pain and weakness.
- **Those with compromised heart and/or liver health:** These organs produce and have a great need for CoQ10; when they are not functioning optimally, supplementation can provide adequate amounts of this critical nutrient.

Why choose our Essential CoQ100 formulation?

Essential CoQ100 softgels contain CoQ10 as ubiquinol, the more readily absorbed and more biologically active form that serves as an antioxidant and helps scavenge the free radicals implicated in some of the effects of aging and physical degeneration. Ubiquinol is also helpful for recycling other antioxidant nutrients such as vitamin C. Moreover, the antioxidant effects of ubiquinol are more powerful than many other nutrients associated with this property, such as vitamin E and beta-carotene.

Recommended Use:

As a dietary supplement, take one softgel per day, or as directed by your health care practitioner. For optimal absorption, this product is best taken with a meal.



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

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