



# CoQ<sub>10</sub>

Introduced 1995



## What Is It?

The essential nutrient Coenzyme Q<sub>10</sub> (CoQ<sub>10</sub>) 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 CoQ<sub>10</sub>

**Support For Cellular Energy Production:** CoQ<sub>10</sub> 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, CoQ<sub>10</sub> provides optimal nutritional support for the cardiovascular system. Numerous clinical studies suggest that CoQ<sub>10</sub> 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 CoQ<sub>10</sub> is obtained naturally by fermentation from microorganisms. Pure Encapsulations CoQ<sub>10</sub> also contains hypoallergenic plant fiber (pine cellulose).

## Recommendations

Pure Encapsulations recommends 60-1,000 mg daily, 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?

CoQ<sub>10</sub> may react with blood thinning medications. Consult your physician for more information.

## CoQ<sub>10</sub> 500 mg

each vegetarian capsule contains  v 00  
coenzyme Q<sub>10</sub> ..... 500 mg  
other ingredients: dicalcium phosphate, vegetarian capsule (cellulose, water)  
1-2 capsules daily, in divided doses, with meals.

## CoQ<sub>10</sub> 250 mg

each vegetarian capsule contains  v 0  
coenzyme Q<sub>10</sub> ..... 250 mg  
other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)  
1-2 capsules daily, in divided doses, with meals.

## CoQ<sub>10</sub> 120 mg

each vegetarian capsule contains  v 0  
coenzyme Q<sub>10</sub> ..... 120 mg  
other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)  
1-2 capsules daily, in divided doses, with meals.

## CoQ<sub>10</sub> 60 mg

each vegetarian capsule contains  v 3  
coenzyme Q<sub>10</sub> ..... 60 mg  
other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)  
1-2 capsules daily, in divided doses, with meals.

## CoQ<sub>10</sub> 30 mg

each vegetarian capsule contains  v 3  
coenzyme Q<sub>10</sub> ..... 30 mg  
other ingredients: hypoallergenic plant fiber (cellulose), vegetarian capsule (cellulose, water)  
1-4 capsules daily, in divided doses, with meals.

\*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. 800-753-2277 | PureEncapsulations.com  
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