

CoQnol™

A REVOLUTIONARY CONCEPT IN COMBINING EXTRACELLULAR WITH INTRACELLULAR DELIVERY OF COQ10

COQnol™ 100 | 60 SOFTGELS | NPN80110743 | COQ100-CN

COQnol™ 200 | 60 SOFTGELS | NPN80110774 | COQ200-CN



CARDIOVASCULAR HEALTH



CoQnol™ 100 and **CoQnol™ 200** feature a unique combination of ubiquinol, also known as coenzyme Q10 (CoQ10), to support mitochondrial and cellular health, along with quillaja extract for superior absorption and bioavailability. Quillaja is an extract from the bark of the *Quillaja saponaria* tree, commonly used as an emulsifier in foods. This proprietary blend creates a stable solution that prevents crystallization and oxidation of ubiquinol. Ubiquinone derives its name from the word “ubiquitous” because it is present everywhere in the human body. It is especially important for generating energy (adenosine triphosphate) in the mitochondria, which are the tiny “energy factories” inside most cells. For this reason, organs and tissues with high energy demands (such as the heart and liver) have the highest concentrations of CoQ10. In addition, CoQ10 is one of the body’s

most critical antioxidants helping to protect mitochondrial membranes from free radical damage and helping to recycle other antioxidants (such as vitamins C and E).

Why Supplement with CoQ10?

CoQ10 occurs naturally in certain foods (especially animal foods such as red meat, poultry, and seafood), but the vast majority is produced inside the body. This internal synthesis may not always be sufficient, particularly in individuals taking pharmaceutical drugs that affect the pathway by which CoQ10 is produced. Synthesis of CoQ10 declines naturally during aging and the use of certain pharmaceutical drugs (particularly for treating high cholesterol and osteoporosis) inhibit its synthesis, potentially resulting in a need for supplementation.

Recommended Dose

CoQnol™ 100: Take 1 softgel 1 to 3 times per day with a meal or as recommended by your health care practitioner.

CoQnol™ 200: Take 1 softgel per day with a meal or as recommended by your health care practitioner.

Highlights

- Superior absorption
- No crystallization
- Greater bioavailability than ubiquinol alone
- Supports healthy mitochondrial function
- May support cardiovascular, nervous system, and immune health
- Helps promote proper energy levels and healthy aging
- May benefit healthy bone metabolism

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