

break
through
to the
real you



Bio-vitality.com

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Client Information

CoQ10 Gold (30 vcaps)

£25.90

Coenzyme Q10 (CoQ10) is possibly the body's most important fat-soluble antioxidant that defends tissues from reactive, oxidative damage. Also known as ubiquinone, CoQ10 is found in the membranes of every cell in the body. CoQ10 is an essential component of the energy producing mitochondria power packs of cells. The heart, kidneys, liver and muscles contain the body's highest tissue concentrations of CoQ10. CoQ10 levels progressively fall after age 40 possibly contributing to aging.

Essential antioxidant function: CoQ10 serves several significant roles in maintaining overall cell integrity by preventing oxidation of membrane components and by regenerating other important antioxidants such as vitamin E. There is more than 20 times as much CoQ10 in cell membranes as there is vitamin E. The ratio of CoQ10 to vitamin E is even higher in mitochondrial membranes.

Key for energy production: The body requires a constant production of energy to maintain cell and tissue function. A significant amount of energy produced by the body depends on adequate levels of cellular coenzyme Q10. Relatively high concentrations of CoQ10 normally exist in cardiac muscle.

Supports healthy aging: Tissue levels of CoQ10 steadily decline with age. As levels decline, the ability of cells to maintain adequate energy production and mitigate cell damage diminishes. Cells unable to maintain normal metabolic processes can lead to cell death and ultimately organ dysfunction. When low tissue CoQ10 levels occur, such as during aging, supplementation can restore normal levels.

Certain people need more Coenzyme Q10: Diabetes mellitus and "statin" cholesterol lowering drugs lower tissue CoQ10 levels. The effects of statins are quite diverse and can cause changes in muscle structure as well as thinking abilities mainly because of their ability to block the mevalonate pathway, which prevents the body's ability to synthesise CoQ10. It is well known that users of statin drugs should supplement with CoQ10.

Evidence suggests biosynthesis of CoQ10 may be limited in many forms of heart disease, especially heart failure. CoQ10 has shown great promise as a beneficial supplement in people with neurological disorders such as Parkinson's disease, Lou Gehrig's disease (amyotrophic lateral sclerosis), and Huntington's chorea.

This product contains the pure, natural, trans form of coenzyme Q10. This is the form utilized in clinical studies showing benefit from coenzyme Q10. Coenzyme Q10 is a fat-soluble nutrient.

Suggested Use: Take 1 capsule daily.

Cautions and Contraindications: No adverse reactions have been reported. Those on high blood pressure medication may find a reduction in dose is required.

This product was made in a GMP and ISO 9001:2000 registered facility.

This information service is not intended to make any claims or provide medical advice. Please www.bio-vitality.com for clinical references.

Bio-Vitality Limited, PO Box 493, Guernsey, Channel Islands, GY1 6BY

Ordering Options:

By phone or in person at Maureen Gillanders Body & Skin Care Clinic, Fort Complex, L'Islet, Guernsey, GY2 4SN.

Online at www.bio-vitality.com (through Amazon).

Any cheques to be made payable to Maureen Gillanders (Guernsey) Limited.

Supplement Facts

Serving Size 1 Capsule

Amount Per Capsule

Coenzyme Q ₁₀ (ubiquinone)	100 mg*
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*Daily Value not established.

Other ingredients: Cellulose, Vcaps™ vegetarian capsule, water, and L-leucine.