

# Co-Q10 75 mg (softgel)

## Energize, Protect and Strengthen the Heart

*Energy production at the cellular level is essential for life. The mitochondria play important roles and are chiefly responsible for energy production in the body. Co-Q10 is a factor (coenzyme) in mitochondrial energy production and is present in all cells.*

*Co-Q10 works as an antioxidant, protecting lipids and other cell components from oxidation. It is a particularly promising cardioprotective agent. When cells age, mitochondrial Co-Q10 levels decrease. But dietary supplementation has been shown to help maintain energy production and aid persons seeking proper cardiovascular function.*



### **BENEFITS**

- Supports energy production.
- Promotes healthy cardiovascular function.
- Exhibits antioxidant and neuroprotective properties.
- Supports normal-range blood pressure levels.

### **HOW IT WORKS**

Co-Q10 transports energy to the mitochondria where carbohydrates and fatty acids are converted into energy (ATP). This energy-making process fuels most metabolic processes and also serves as a precursor of nucleic acids (DNA and RNA).

Co-Q10 is an excellent support for the cardiovascular system. Supplementation with this coenzyme has been shown to maintain mitochondrial and cardiac functions (especially in the elderly), and support recovery after stress and surgery.

As an antioxidant, Co-Q10 scavenges free radicals, protects cardiac cells, prevents lipid oxidation and promotes the regeneration of vitamin E, another antioxidant.

### **NSP ADVANTAGE**

NSP Co-Q10-75 is in an oil base with beta-carotene and delivers 75 mg Co-Q10 with each easy-to-swallow softgel. The oil base improves the bioavailability of Co-Q10 (about three times as bioavailable as the powdered form), while lecithin and beta-carotene support membrane fluidity and antioxidant activity respectively.

### **SCIENTIFIC SUPPORT**

Numerous studies suggest that Co-Q10 may be beneficial in supporting the cardiovascular system. In populations with a high incidence of heart disease, participants had lower Co-Q10 levels compared to those populations with low incidence of heart disease.

Co-Q10 may also help with maintaining normal-range blood pressure levels. Some studies have reported Co-Q10's ability to support cardiovascular functions.

### **INGREDIENTS**

Contains co-Q10, soybean oil, beeswax, lecithin and beta-carotene.

### **RECOMMENDED USE**

Take 1 capsule with a meal three times daily.

### **USER CARE**

Persons on warfarin should consult their physician before taking this supplement. Co-Q10 has chemical similarities with vitamin K and may interfere with responsiveness to warfarin treatment.

### **COMPLEMENTARY PRODUCTS**

- **Nutritional:** Vitamin E Complete w/Selenium, Cellular Energy, Cardio Assurance.
- **Homeopathic:** Fatigue/Exhaustion.
- **Essential Oils:** Ylang Ylang, Lemon, Rosemary.

*Co-Q10 75 Softgels (60)*

*Stock No. 1895-5*



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