



CO-Q₁₀—100 MG Cardiovascular Energy Support

Found in every cell of the body is a vitamin-like substance that is critical to maintaining cardiovascular health. Co-Q₁₀ performs a host of functions for the circulatory system: it helps prevent lipid oxidation, and supports already-normal-range blood pressure levels, it assists in protecting the cardiovascular system, and it is vital to the creation of energy (ATP) within the cells. This nutrient is a crucial component of most metabolic processes. Also, the antioxidant activity of Co-Q₁₀ reduces oxidative stress in cells throughout the body.

BENEFITS

- Promotes healthy cardiovascular function*
- Supports energy production*
- Helps reduce cellular oxidative stress throughout the body*
- Exhibits antioxidant and neuro-protective properties*
- Supports already-normal-range blood pressure levels*
- Supports the health of the heart, kidneys, liver and pancreas*

KEY INGREDIENT

Each capsule contains 100 mg of co-enzyme Q₁₀ in a base of extra virgin olive oil.

RECOMMENDED USE

Take 1 softgel with a meal, twice daily for circulatory support.

COMPLEMENTARY PRODUCTS

CardioxLDL™, Berberine IR™

FREQUENTLY ASKED QUESTIONS (FAQs)

WHAT IS CO-Q₁₀?

Co-Q₁₀ (short for co-enzyme Q₁₀) is a vitamin-like compound that plays an essential role in mitochondrial energy production within the body. It is particularly beneficial to the production of ATP (adenosine triphosphate), the energy currency within the cells of the body. Co-Q₁₀ is found in the highest concentrations within organ tissues that work the hardest like the heart.

MY BODY CAN PRODUCE CO-Q₁₀, SO WHY SHOULD I SUPPLEMENT WITH IT?

Your body produces less and less Co-Q₁₀ as you age. Co-Q₁₀ may be obtained through a diet containing foods such as oily fish, beef liver and some whole grains. However, our Co-Q₁₀—100 mg provides a convenient way to get a standardized amount of Co-Q₁₀ daily.

DOES NATURE'S SUNSHINE CO-Q₁₀ CONTAIN SOY?

No. Because Co-Q₁₀ is fat-soluble, many products on the market contain additional ingredients to facilitate absorption. These extra ingredients often include soy. Our Co-Q₁₀ is delivered in a base of extra virgin olive oil, and all ingredients are certified Non-GMO.

CAN I TAKE CO-Q₁₀ IF I ALREADY TAKE ANOTHER NATURE'S SUNSHINE PRODUCT FOR GLUCOSE OR HEALTHY LIPID MANAGEMENT SUCH AS BERBERINE IR OR CARDIOXL^{DL}?

As both Berberine IR and CardioXL^{DL} have different roles and mechanisms of action within cardiovascular health, we do not anticipate any negative effects.

CO-Q₁₀ COMES IN TWO FORMS; UBIQUINONE AND UBIQUINOL. WHAT FORM IS NATURE'S SUNSHINE CO-Q₁₀—100MG AND WHICH FORM IS BETTER?

Nature's Sunshine CoQ₁₀—100mg comes from Ubiquinone. In the body, you can find both forms – ubiquinone and ubiquinol. Ubiquinone is sometimes referred to as the oxidized form while ubiquinol is referred to as the reduced form. The body uses these forms interchangeably through an automatic conversion process that helps to maintain equilibrium. So, if your body has ubiquinone, it will convert it to ubiquinol and vice-versa.

Regardless of the form taken as a supplement, the body is very smart and can efficiently convert to the form needed. Both forms are effective and help support cardiovascular function and cellular energy production.

CAN I TAKE CO-Q₁₀ IF I ALREADY TAKE A PRESCRIPTION MEDICATION?

As with all nutritional supplements, we recommend that you consult your physician prior to taking Co-Q₁₀—100 mg.

Co-Q₁₀ – 100 mg

Cardiovascular Energy Support

Product Stock Number: 4135-9 (60 softgels)

*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.

Supplement Facts

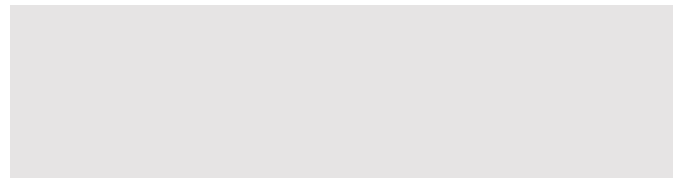
Serving Size 1 Capsule

Amount Per 1 Capsule	% Daily Value
Coenzyme Q10	100mg*

*Daily Value not established

Other Ingredients: Extra virgin olive oil, capsule (gelatin, glycerin, water, carob), beeswax, sunflower lecithin.

For more information, contact:



NATURE'S SUNSHINE®