



# Coenzyme Q10™

Providing Cellular Energy



Holistic Health  
Refined with  
Research

True to our heritage, we provide solutions that sustain and advance natural health and wellness. We combine the best of nature with responsible, smart science to deliver exclusive products with effective results. With over 25 years of research experience, RBC Life understands and improves the strength of nature so we can deliver it to you.

item #1078 - 60 vegetable capsules

FROM RBC LIFE SCIENCES®

### Key benefits:

- Heart health\*
- Energy\*
- Healthy Cells\*

### What is it?

Coenzyme Q10 is a powerful antioxidant that is used by the body to help transform your food into energy. It is needed for the healthy function of every cell in the body. It is essential for the production of energy at the cellular level.\*

### What is it formulated to do?

RBC's Coenzyme Q10 is designed to give you a high quality source of this nutrient so you can experience its many benefits.

### Who may benefit?

Our body's ability to synthesize the Coenzyme Q10 that we require may decline in our mid-30's, so anyone past this age can benefit from supplementation.

### How is it used?

One capsule is taken daily with a meal. Coenzyme Q10 is best absorbed when taken with a meal that contains a healthy source of fat.

### Why we need Coenzyme Q10

One of your body's primary goals and functions is to produce energy. The vast majority of this energy is produced inside our cells in the tiny energy producing factories called mitochondria. These mitochondria work tirelessly to churn out the energy you need so that all the trillions of reactions inside your body can happen as they are meant to. The vitamin-like nutrient called Coenzyme Q10 must be present within each cell for this production of energy to occur.

Due to its vital role in energy production, it stands to reason that we would find more Coenzyme Q10 in those organs that require the most energy to perform their daily tasks. The heart and liver store the most Coenzyme Q10 while significant quantities can also be found in the brain and the immune system.\*

### Coenzyme Q10 as Antioxidant

In addition to its vital role in energy production, coenzyme Q10 also functions as a powerful antioxidant. Antioxidants are substances that neutralize free radicals, which are damaging compounds that would otherwise harm the body. Free radicals damage cell membranes and the vital DNA contained within your cells. While some free radicals are normal, our modern world can lead to an increase in the number of these damaging particles in the body.\*



- See Over -

Free radicals are identified as one of the primary culprits in the aging process and the development of a number of health challenges. Antioxidants like Coenzyme Q10 can neutralize free radicals thereby easing their assault on the body.\*

### Protecting Heart Health

The heart requires a constant supply of energy and, therefore, may be unusually susceptible to the effects of a Coenzyme Q10 deficiency. Over the past 15 years, the great bulk of clinical work with Coenzyme Q10 has focused on heart health.\*

Unfortunately many adults who are concerned about heart health have become victims of a catch-22 situation with heart medications. Although they may provide lower blood pressure or reduced cholesterol, they also deplete the body of Coenzyme Q10, which can lead to other forms of heart trouble. If you are taking one of these drugs to lower your cholesterol or blood pressure, talk to your doctor about this side effects and the possibility that a daily Coenzyme Q10 supplement might help restore this deficiency.\*

### Benefits to the Brain

Exciting research points to the benefits of Coenzyme Q10 on brain health. Because Coenzyme Q10 acts as an antioxidant, it provides vital protection from free radical damage. Brain levels of CoQ10 begin to decline at age 20 and these lower levels tend to be associated with neurodegeneration. Supplementation can bring levels of Coenzyme Q10 in the brain back to healthy levels. Research is revealing that this may pose a benefit to human health and lifespan.\*

### Why Supplement

It appears that as we age our levels of Coenzyme Q10 can decline. Supplementation can effectively increase the availability of Coenzyme Q10 for energy production. Correction of a CoQ10 deficiency can restore youthful levels of this important nutrient.\*

If heart, liver or brain health is a priority to you, CoQ10 supplementation may be a wise investment. If you are on a heart medication that depletes CoQ10, it may be a necessity. The typical daily dose is 30mg – 90mg although no side effects have been reported at several hundred milligrams per day.\*

## Supplement Facts

Serving Size: 1 Capsule

### Amount Per Serving

Coenzyme Q-10	30 mg	†
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† Daily Value not established.

**Other Ingredients:** Microcrystalline cellulose, magnesium stearate, vegetable capsule (hypromellose, water).

Order from your RBC Life Independent Associate:

\*These statements have not been evaluated by the Food & Drug Administration.  
This product is not intended to diagnose, treat, cure or prevent disease.