



# Coenzyme Q10 (Ubiquinone)

*Nature's Harmony® Coenzyme Q10 (CoQ10), also known as ubiquinone, is extracted from a natural source and provides an essential nutrient for energy production at the basic cellular level.*

PRODUCT CODE: 400107

## HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Helps to maintain and/or support cardiovascular health. An antioxidant for the maintenance of good health.	Capsule	Take 1 capsule one to three times per day.

## DESCRIPTION:

Coenzyme Q10 is considered a "vitamin-like" substance since it is an organic compound essential in minute amounts for normal body function. CoQ10 is found in virtually all animal cells. The human body also manufactures CoQ10, so there is no official dietary requirement. However, CoQ10 levels in the body decline with age and stress.

**Recommended Daily Allowance:** N/A

**Food Sources:** Present in small amounts in many foods, including beef, sardines and broccoli; however, it is very fragile and easily destroyed by heat.

**Causes of Deficiency:** Age and stress.

**Symptoms of Deficiency:** Heart diseases, such as congestive heart failure and angina; aging, poor memory.

**Complementary Nutrients:** Vitamin E.

## HOW IT WORKS:

CoQ10 works with several different enzymes in the body and is needed for many important metabolic reactions, including the production of the body's energy compound ATP (adenosine triphosphate). This fat-soluble nutrient acts as an antioxidant, neutralizing free radicals. It also prolongs the effects of vitamin E, another powerful antioxidant. In the liver, CoQ10 binds with LDL cholesterol molecules to transport it to other parts of the body. It may help reduce the risk of heart disease, since the heart is one of the body's major energy consumers. Tissue levels of CoQ10 have been reported to decline with age.



## DID YOU KNOW...

*In 1961, Peter D. Mitchell, PhD, of the University of Edinburgh, figured out how CoQ10 produces energy at the cellular level and in 1978 he won the Nobel Prize for chemistry for this discovery.*

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## RESEARCH:

The benefits of this nutrient are well documented in medical journals. Over 100 studies have confirmed the role of CoQ10 in treating angina and congestive heart failure.

Japanese researchers have studied CoQ10 extensively and the nutrient is regularly prescribed for heart patients in that country. In the US, several studies have shown that supplementing with as little as 30 mg of CoQ10 daily can benefit cardiac health by improving heart stamina and decreasing shortness of breath on exertion.

## SIDE EFFECTS:

CoQ10 supplements are very safe; no significant side effects have been reported.

## INTERACTIONS AND SAFETY CONSIDERATIONS:

When taken in daily doses of 300 mg or more, CoQ10 may interfere with liver enzyme blood tests. It may also interfere with blood sugar levels in diabetics and with the blood-thinning effects of warfarin (Coumadin). Patients taking blood-thinning medications or with a pre-existing health condition should consult their health care practitioner before taking CoQ10 supplements

## OTHER CONSIDERATIONS:

Pregnant or breastfeeding women should consult their health care practitioner before using CoQ10. Individuals taking medications or who have a health condition should consult their health care practitioner before using CoQ10.

## LABEL:

**Natures Harmony**

**Coenzyme Q10**  
Ubiquinone  
100 mg

**Favorise la santé cardiovasculaire**

**50 capsules**  
NPN 80000567

**Natures Harmony**

**Coenzyme Q10**  
Ubiquinone  
100 mg

**Supports Cardiovascular Health**

**50 Capsules**  
NPN 80000567

Actual Size  
Grandeur réelle

DO NOT USE IF SEAL UNDER CAP IS BROKEN.  
NE PAS UTILISER SI L'ÉPOUSOLE INTÉRIEUR EST BRISÉ.

[www.naturesharmony.com](http://www.naturesharmony.com)  
1-877-929-2548

SunOpta Inc.  
6 Commerce Crescent  
Acton, ON L7J 3K3

A Proud Canadian Company  
Une compagnie canadienne fière de l'être

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400107/01-02

**Usage recommandé :** Aide au maintien et/ou au soutien de la santé cardiovasculaire. Un antioxydant pour le maintien d'une bonne santé.

**Dose recommandée (adultes) :** Prendre 1 capsule un à trois fois par jour.

**Ingrédients médicinaux :**  
Chaque capsule contient :  
Ubiquinone (Coenzyme Q10).....100 mg

**Ingrédients non médicinaux:** cellulose microcristalline, stéarate de magnésium, gélatine.

**Information sur les risques :** Consulter un praticien de soins de santé avant d'en faire l'usage si vous êtes enceinte, allaitante ou prenez des anticoagulants ou des médicaments pour traiter l'hypertension artérielle.

Ce produit ne contient aucun maïs, ingrédients laitiers, oeuf, gluten, lactose, crustacés, soya, sulfites, ni colorants, arômes ou agents de conservation artificiels.

**RANGER DANS UN ENDOIT FRAIS ET SEC. TENIR HORS DE LA PORTÉE DES ENFANTS.**

**Recommended Use:** Helps to maintain and/or support cardiovascular health. An antioxidant for the maintenance of good health.

**Recommended Dose (Adults):** Take 1 capsule one to three times per day.

**Medicinal Ingredients:**  
Each capsule contains:  
Ubiquinone (Coenzyme Q10).....100 mg

**Non-medicinal Ingredients:** Microcrystalline cellulose, magnesium stearate, gelatin.

**Risk Information:** Consult a health care practitioner prior to use if pregnant, breastfeeding, taking blood thinners or blood pressure medication.

This product does not contain corn, dairy, egg, gluten, lactose, shellfish, soy, sulfites or artificial colours, flavours, or preservatives.

**STORE IN A COOL DRY PLACE. KEEP OUT OF REACH OF CHILDREN.**