



# 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: 400436

## HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Helps to maintain and support cardiovascular health. A source of ubiquinone for the maintenance of good health. An antioxidant for the maintenance of good health.	Tablet	Take 1 to 3 tablets daily

## 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...

*Persons with gum disease, congestive heart failure, kidney failure or cardiomyopathy tend to have lower levels of Coenzyme Q10 than other people.*

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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**  
**50 mg**

**Soutient la santé cardiovasculaire**

**60 comprimés**  
NPN 02243442

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

**Dose recommandée (adultes) :** Prendre 1 à 3 comprimés par jour.

**Ingédients médicinaux :**  
Chaque comprimé contient :  
Coenzyme Q10 (ubiquinone).....50 mg

**Ingédients non médicinaux :** phosphate dicalcique, cellulose microcristalline, dioxyde de silicium, acide stéarique, croscarmellose sodique, stéarate de magnésium, hypromellose, glycérine.

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

Ce produit ne contient pas de maïs, ingrédients laitiers, œuf, gluten, crustacés, soya, sulfites, ingrédients d'origine animale, ou colorants, arômes ou agents de conservation artificiels.

RANGER DANS UN ENDROIT FRAIS ET SEC, GARDER HORS DE PORTÉE DES ENFANTS.

**Recommended Use:** Helps to maintain and support cardiovascular health. A source of ubiquinone for the maintenance of good health. An antioxidant for the maintenance of good health.

**Recommended Dose (Adults):** Take 1 to 3 tablets daily.

**Medicinal Ingredients:**  
Each tablet contains:  
Coenzyme Q10 (ubiquinone).....50 mg

**Non-medicinal Ingredients:** Dicalcium phosphate, microcrystalline cellulose, silicon dioxide, stearic acid, croscarmellose sodium, magnesium stearate, hypromellose, glycerin.

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

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

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

**Natures Harmony®**

**Coenzyme Q10**  
**50 mg**

**Supports Cardiovascular Health**

**60 Tablets**  
NPN 02243442

Actual Size / Grandeur réelle  
DO NOT USE IF SEAL UNDER CAP IS BROKEN. / NE PAS UTILISER SI L'OPERCULE INTERIEUR EST BRISÉ.

www.naturesharmony.com  
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A Proud Canadian Company  
Une compagnie canadienne fière de l'être.

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