

# Q10 Active Ubiquinol GOLD

The active and efficient way of supplementing coenzyme Q10

Dietary Supplement



## CoQ10: A powerful metabolic compound & essential for energy production\*\*

Coenzyme Q10 (CoQ10) is a natural substance that can be supplied through the diet, but it can also be produced by our body itself. Every cell is dependent on coenzyme Q10, because it enables a smooth energy supply. Especially the organs with the highest energy requirements – such as liver, heart, and kidney – have high CoQ10 requirements.\*\*

## CoQ10 levels drop with age

At a young age, the body can produce a sufficient amount of coenzyme Q10 itself. With increasing age, however, the body's own Q10 production and thus the Q10 concentration in various tissues decreases significantly. The conversion of Q10 as ubiquinone in the organism into the active ubiquinol form can also be restricted with increasing age. At the same time, performance, vitality and energy decrease. The reduced levels can be compensated by an increased external supply to a certain extent. This normalizes the energy gain and strengthens the organs, especially the heart that uses more energy than any other organ.\*\*

## CoQ10 for statin drug users\*\*

While statins help to keep cholesterol levels under control, they can also reduce the natural levels of CoQ10 in the body. So, if you are taking cholesterol-lowering statins, it makes sense to supplement your diet with CoQ10.\*\*

## Ubiquinol – the ready-to go coenzyme Q10

Coenzyme Q10 exists in two forms: ubiquinone and ubiquinol. Coenzyme Q10 in the form of ubiquinone has to be converted into the active form ubiquinol in the body. Ubiquinol, a powerful antioxidant, is completely and immediately available to the body – independently of the cellular conversion steps. Furthermore, ubiquinol is more absorbable than the oxidized form ubiquinone ubiquinone.\*\*

Ubiquinol makes up over 90 % of the coenzyme Q10 found in the blood plasma of healthy young individuals. This makes ubiquinol particularly important for older people. Ubiquinol may also be beneficial for individuals who appear not to respond to regular coenzyme Q10 supplementation or with greater levels of physical or oxidative stress.\*\*

## Q10 Active Ubiquinol GOLD – what is it?

Biogena Q10 Active Ubiquinol GOLD contains CoQ10 that has already been converted to its ready-to-go form ubiquinol (Kaneka Ubiquinol™). Ubiquinol does not need to be activated in the organism and is immediately and completely available to the antioxidative system and the power stations of the cells (mitochondria) compared to ubiquinone.

The active ingredients of the product are uniformly stored in small fish gelatin pearls (NutriGelllets®). The gelatin matrix protects the sensitive ubiquinol so that there is no need for colors, preservatives and stabilizers.

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## Q10 Active Ubiquinol GOLD

- With the brand raw material ubiquinol from the world market leader Kaneka (Kaneka Ubiquinol™)
- Superior absorption compared to regular ubiquinone
- Ready-to-go form: immediately and completely available
- For maintaining the performance of the heart, brain and muscles\*\*
- Recommended from the age of 40, for statin users or individuals with greater levels of physical or oxidative stress\*\*

\*\*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.

## Dietary Considerations:

- Gluten-free
- Lactose-free
- Fructose-free
- Egg-free
- Dairy/milk-free
- Casein-free
- Soy-free
- Peanut-free
- Tree nut-free
- Wheat-free
- Shellfish-free
- Fish-free
- Salt-free
- Free of artificial colors or flavors
- Preservative-free
- Not genetically engineered

## Suggested Use:

1 capsule per day taken with a meal and plenty of liquid.

Warning: If you have an allergy to **fish** (including **tilapia, pangasius** and **codfish**), you should not use this product. If you are pregnant or nursing, or taking prescription medications, consult your healthcare provider before taking this product ([www.biogena-usa.com/warnings](http://www.biogena-usa.com/warnings)).

## Supplement Facts

Serving Size 1 Capsule

	Amount per Serving	% Daily Value
Vitamin C (as calcium ascorbate)	16 mg	18%
Ubiquinol (Kaneka Ubiquinol™, reduced form of CoQ10)	60 mg	*

\*Daily Value not established.

**Other ingredients:** Fish gelatin (**tilapia, pangasius, codfish**), hydroxypropylmethylcellulose (vegetable capsule Vcaps®Plus), water.

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Store in a cool, dry place. Keep out of reach of children.



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