

## CoQ10 - 100 mg

### Supports cardiovascular health♦

- 100 mg of CoQ10
- Whole foods - apple, beet, broccoli and spinach

**70033 - 30 capsules**

**70047 - 60 capsules**

### Why Supplement with CoQ10?

CoQ10 is a powerful antioxidant that is found in almost every cell of the body. CoQ10 is needed to generate energy within cells. It is required in higher concentrations by organs with high energy requirements, such as the heart.♦ It can be beneficial to supplement with CoQ10 because of gaps in the diet and evidence pointing to decreasing tissue concentration levels with increasing age.♦<sup>(1)</sup>

### Targeted Whole Foods

INNATE's CoQ10 includes additional complementary and nourishing whole food extracts. Apples, spinach, broccoli and beet were included in the formula for their innate ability to target and support cardiovascular health.♦

### Benefits of CoQ10

This unique formula includes 100 mg of CoQ10 with complementary whole food extracts. CoQ10 exhibits potent antioxidant properties within cells and cellular membranes.♦ As an antioxidant, CoQ10 has a direct role in inhibiting the oxidation of important membrane lipids and of LDL-cholesterol.♦ Several studies have demonstrated a strong correlation between the severity of heart disease and severity of CoQ10 deficiency in the body ♦<sup>1</sup>. CoQ10 supplementation is also known to help improve capillary flow to the gums and therefore promote dental health.♦



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## A Look At Key Ingredients:

- **Apples** - rich in the health-promoting compounds anthocyanins and flavonoids, including quercetin. ♦
- **Broccoli** - the lutein and flavonoid content of broccoli help support a healthy cardiovascular system. ♦
- **Spinach** - a super food that provides the powerful antioxidants glutathione and alpha lipoic acid. Spinach is also a very good source of folate, an essential vitamin that plays an important role in promoting heart health. ♦
- **Beets** - are a rich source of naturally occurring nitrates. In the body nitrates convert to nitric oxide, which helps maintain healthy blood flow and healthy blood pressure. ♦

<sup>1</sup> A. Kalen et al., Lipids, 24,579 (1989)

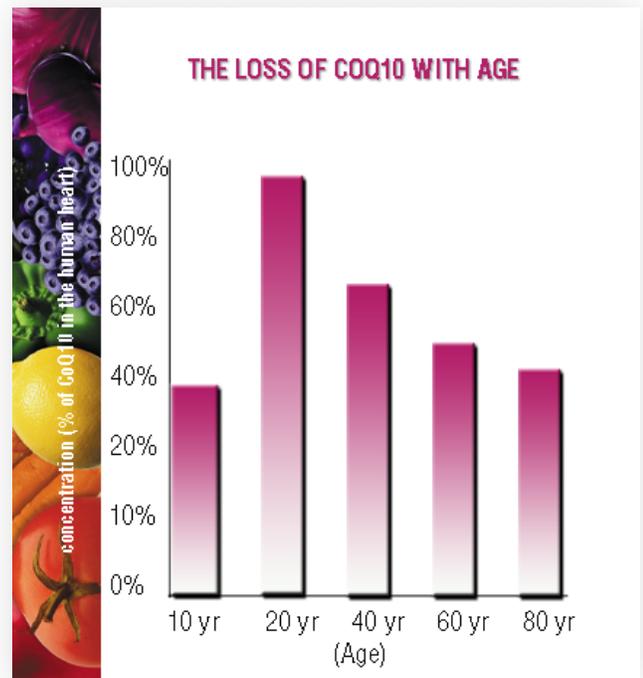
### Supplement Facts

Serving Size 1 Vegetarian Capsule

| Amount per Serving | % Daily Value | ▼  |
|--------------------|---------------|----|
| Co-Enzyme Q10..... | 100 mg        | ** |
| Apple.....         | 20 mg         | ** |
| Beet.....          | 20 mg         | ** |
| Broccoli.....      | 20 mg         | ** |
| Spinach.....       | 20 mg         | ** |

\*\* Daily Value not established

**Other Ingredients:** Rice Bran, Silica, Vegetable Lubricant, Modified Cellulose, Water.



♦ 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.