

CO-Q-10 PLUS™

Provides Cardiovascular and Antioxidant Protection[◇]



Can Co-Q-10 Plus Provide Cardiovascular and Antioxidant Protection? Every cell of the body contains many sub-cellular components called mitochondria, which produce 95% of the total energy of the body. Coenzyme Q10 is an integral part of the membranes of the mitochondria where it is involved in the production of ATP, the basic energy producing molecule of all cells. In the production of energy as ATP from oxidation of fuel in the mitochondria a steady stream of oxygen free radicals are produced. These must be immediately “quenched” (deactivated) in order to prevent them from attacking the delicate mitochondrial membrane and other cellular structures. It is precisely this crucial role that Coenzyme Q10 fulfills, and the reason that maintaining adequate levels of Coenzyme Q10 in every cell of our body is so critical.

Co-Q-10 Plus™ contains the potent, naturally occurring antioxidant Coenzyme Q10, necessary for energy production in every cell of the body. The scientific name for Coenzyme Q10 is ubiquinone, a name that derives from its ubiquitous nature (meaning that it is everywhere), and that, biochemically speaking, it is a member of the quinone family. Coenzyme Q10 is often abbreviated Co-Q-10. There are many other members of the Coenzyme Q family, and the number refers to the length of the side chain on the molecule. In mammals, Coenzyme Q10 is the most important member of the Coenzyme Q family.

The heart and liver contain the most mitochondria per cell, because they require so much energy. For this reason, they also contain more Coenzyme Q10. Some of the body's Coenzyme Q10 is obtained from the diet (especially from fish and meat), and some of it is synthesized from

other molecules within the body. Although the tests that can measure Coenzyme Q10 levels in the bloodstream or body cells are not widely available as laboratory tests, clinical research has documented that as a normal part of aging, cellular Coenzyme Q10 levels are decreased, relative to those of younger people. Certain medications, such as the widely prescribed “statin” drugs, lead to lower Coenzyme Q10 levels in the body. Research has also documented that dietary supplementation with Coenzyme Q10 can increase blood, tissue and cellular levels of this important nutrient.

Brain Function

Healthy mitochondrial function is critical to the brain, also a major ATP (energy) producing and consuming organ. Animal studies suggest an important role for Coenzyme Q10 in protecting the brain from free radical attack, and supporting healthy mental function.[◇]

Immune System

Coenzyme Q10 is an integral part of the cells of the immune system. White blood cells, so vital to healthy immune system activation, require an abundant supply of intracellular Coenzyme Q10. Co-Q-10 Plus helps to naturally support the immune system and may result in providing a wider range of beneficial and protective effects for the body.[◇]

Periodontal Health

Maintaining health of periodontal tissue (the gums of the mouth) may require increased energy production. Double-blind research has shown that Coenzyme Q10 supports periodontal health by promoting healthier gum tissue.[◇]

The Heart and Blood Pressure

Tissues that require the most energy (such as the heart) need the largest amounts of Coenzyme Q10 for strength and vigor and maintaining healthy circulation.

Coenzyme Q10 and Weight Management

Coenzyme Q10 may help to promote weight loss in obese people.[◇] The Mayo Foundation for Medical Education and Research notes that levels of Coenzyme Q10 may be lower in people with a higher body mass index (BMI).

What is the Maximum Amount One Can Take of Co-Q-10?

No upper limit has been set for Coenzyme Q10 supplementation. Coenzyme Q10 has been shown to protect the body's stores of vitamin E, the major antioxidant that protects cell membranes and cholesterol from free radical attack, and appears to enhance the effects

of many other antioxidants as well.

Fats Needed for Absorption

Coenzyme Q10 is a fat soluble nutrient, and studies have shown that fats are necessary for Co-Q-10 to be optimally absorbed from the intestine. For this reason, Co-Q-10 Plus is formulated with lecithin, a fat that also emulsifies (mixes) fatty and water soluble substances together in a stable way. Co-Q-10 Plus is also formulated with the synergistic antioxidants quercetin and lemon bioflavonoids.

PhytoZyme® Base

Co-Q-10 Plus is formulated in the proprietary PhytoZyme® base, which contains a unique blend of over thirty

natural ingredients including special herbs, synergistic phytonutrient cofactors from fruits and vegetables, plus plant enzymes for bioavailability.

When you take Lifeplus products you have the added benefit of receiving the numerous health supporting phytochemicals and other micro-nutrients contained in them.

This unique "plus" in Lifeplus nutritional supplements helps to ensure that you are receiving benefits from those valuable phytonutrients. This is especially valuable for those who do not consume the recommended 5 to 9 servings of fruits and vegetables every day.

REFERENCES:

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4. Dumont M, Kipiani K, Yu F, et al. Coenzyme Q10 Decreases Amyloid Pathology and Improves Behavior in a Transgenic Mouse Model of Alzheimer's Disease. J Alzheimers Dis. 2011 Jul 28.
5. Yoneda T, Tomofuji T, Ekuni D, et al. Anti-aging effects of co-enzyme Q10 on periodontal tissues. J Dent Res. 2013 Aug;92(8):735-9.
6. Fotino AD, Thompson-Paul AM, Bazzano LA. Effect of coenzyme Q10 supplementation on heart failure: a meta-analysis. Am J Clin Nutr. 2013 Feb;97(2):268-75.
7. Coenzyme Q10, Mayo Foundation for Medical Education and Research, Mayo Clinic, Rochester, MN <<http://www.mayoclinic.org/drugs-supplements/coenzyme-q10/evidence/HRB-20059019>> "CoQ10 may help promote weight loss in obese people. Levels of CoQ10 may be lower in people with a higher body mass index (BMI). More high-quality research is needed to confirm these findings."

Supplement Facts		
Serving Size / 1 Tablet		
Servings Per Container / 60		
Amount Per Serving	% Daily Value	
Calcium	114 mg	9%
Coenzyme Q10	50 mg	*
Lecithin (Soy)	50 mg	*
Lemon Bioflavonoids Whole Fruit	25 mg	*
Quercetin Dihydrate	5 mg	*

*Daily Value not established

INGREDIENTS: Calcium Carbonate, Microcrystalline Cellulose, Coenzyme Q10, Lecithin (Soy), Lemon Bioflavonoids, Magnesium Stearate, Stearic Acid, Silica, PhytoZyme® proprietary blend (Bromelain, Papain, Alfalfa, Parsley, and vegetable and fruit concentrates from Carrots, Broccoli, Pea, Banana, Cantaloupe, Lima Beans, Mango, Pumpkin, Spinach, Tomato, Cauliflower, Orange, Papaya, Sweet Potato, Asparagus, Beet, Green Bean, Snow Pea, Blueberry, Chili Pepper, Cranberry, Cucumber, Guava, Grapefruit, Kale, Lemon, Maitake Mushroom, Peach, Pineapple, Watercress, and Zucchini), Croscarmellose Sodium and Quercetin Dihydrate.

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As with all supplements, please consult your physician prior to taking if you are pregnant or attempting to become pregnant, breast-feeding, under a doctor's care or taking prescription medication. Store and keep out of reach of children.

Formulated in the exclusive PhytoZyme® base of plant enzymes for bioavailability and over 30 synergistic fruit, vegetable and herbal concentrates for "extra" phytonutrient cofactors.

Allergy Information: This product contains soy-based lecithin and is processed in the same facility that processes products containing fish, shellfish, soy and dairy.

Not tested on animals.

Suitable for Vegetarians.

DIRECTIONS: One tablet twice a day.

[◇]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.

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