

# CoQH-CF<sup>®</sup> Ubiquinol

## Stable, Bioavailable, Un-Oxidized CoQ10\*

CoQH-CF<sup>™</sup> is a reduced form of coenzyme Q10 (ubiquinol). This is the actual antioxidant form of coenzyme Q10, and it also supports cellular energy production. A unique softgel delivery system protects and stabilizes the content, providing an efficient way to maintain adequate ubiquinol levels in those whose ability to produce or convert it has been hindered by oxidative stress or other causes.\*

Regular supplemental coenzyme Q10 (ubiquinone) is oxidized, and must be converted to the reduced form in the body (ubiquinol), for effective antioxidant activity. The many benefits of supplemental CoQ10 as ubiquinone are dampened by the fact that only a small percentage is utilized by the body, requiring large doses for maximum results. Those who are under increased oxidative stress, or are simply getting older, typically are even less able to convert ubiquinone to ubiquinol.



#76070  
60 Softgels

### Key Features

- Supplies un-oxidized (reduced) CoQ10 in stable, oral form for greater bioavailability and utilization\*
- Enhances the production of cellular energy (ATP)\*
- Protects the mitochondrial membrane against lipid peroxidation\*
- Supports the function of the cardiovascular system\*
- May enhance the function of the immune system\*
- May support energy and physical performance\*



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Until now, ubiquinol has been too unstable to be sold in oral supplement form. CoQH-CF™ solves that problem, providing reduced CoQ10 oral supplementation in a new, stable form.

CoQ10 is essential for the health of our cells, tissues and organs.\* It belongs to a family of lipid soluble ubiquinones, present throughout the body, and it is the predominant CoQ form found in humans. It is most concentrated in cells of the heart, liver, kidney and pancreas. The body's production of CoQ10 peaks around age 20 and then declines. For many decades, supplemental CoQ10 has been used throughout Europe, Asia, and the United States for its support of cellular energy, antioxidant function and cardiovascular health.\*

CoQ10 plays an essential role in the mitochondrial electron transport chain (ETC), the major metabolic pathway for making energy in every cell of the body. CoQ10 functions as an electron carrier in the ETC, linking the various enzymes of the chain, and the production of ATP is dependent on sufficient levels of CoQ10 in the mitochondrial membrane.

CoQ10 is also an important antioxidant, protecting the mitochondria from free radical damage. The process of electron transport produces oxygen free radicals, which are then trapped by CoQ10 and vitamin E. CoQ10 reduces the initiation and propagation of lipid peroxidation in cell membranes and in lipoprotein fractions, and it works synergistically with vitamin E, helping to spare it.

CoQ10 has been extensively studied for its ability to support cardiovascular function.\* Studies suggest that CoQ10 may strengthen the heart muscle, and enhance such things as quality of life, breathing and heart rate.\* It supports blood pressure within normal levels, and it may be of benefit to those taking cholesterol-lowering medications, which can reduce blood levels of CoQ10.\* It has been shown to potentially support energy, sexual health, gum health, certain immune parameters, aerobic capacity and physical performance.\* CoQ10 is well tolerated, with an extensive history of study and safe use.

CoQH-CF™ softgels include a small amount of caramel color to protect the content from light, while keeping the softgel translucent so that the crystal-free content can be seen. The formula contains D-limonene oil (from oranges) for crystal-free solubilization, and very minute amounts of capric and caprylic acids to help keep the alpha-lipoic acid completely dissolved.

#### References:

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#### Supplement Facts

Serving Size 1 Softgel  
 Servings Per Container 60

| Amount Per Serving        | % Daily Value |
|---------------------------|---------------|
| Ubiquinol (Reduced CoQ10) | 100 mg †      |

† Daily Value not established.

Other ingredients: D-limonene oil, gelatin, glycerin, purified water, caprylic acid, capric acid, alpha-lipoic acid, caramel liquid.

**Suggested Use:** As a dietary supplement, 1 softgel one to three times daily with meals, or as directed by a healthcare practitioner.



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