

Maple organics

Coenzyme Q10

Capsules

Invest In Good Performance

Coenzyme Q10 contributes to an optimum health and a better quality of life.

- Restores Vitamin E
- Stabilizes blood sugar level
- Reduces muscular dystrophy
- Improves nervous system & brain function
- Useful in Parkinson's & Alzheimer's diseases
- Decreases fatigue and boosts stamina
- Regulates blood pressure
- Promotes cardiovascular health

Recommended Dose:

Adults: take 1 capsule 2 times daily with food or as directed by health care practitioner

N.B. Those on Statin or Weighing over 200 pounds consider a higher dose.



References:

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- 5- Kamikawa T, Kobayashi A, et al. Effects of coenzyme Q10 on exercise tolerance in chronic stable angina pectoris. *Am J Cardiol* 1985;56:247-251.
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- 9- Folkers K, Wolaniuk A. Research on coQ10 in clinical medicine and in immunomodulation. *Drug Und Exper & Clin Res* 1985;11:539-545.
- 10- Folkers K, Hanioka T, et al. Coenzyme Q10 increases T4/T8 ratios of lymphocytes in ordinary subjects and relevance to patients having the AIDS related complex. *Biochem Biophys Res Commun* 1991;176:786-791.
- 11- Folkers K, Hanioka T, et al. Coenzyme Q10 increases T4/T8 ratios of lymphocytes in ordinary subjects and relevance to patients having the AIDS related complex. *Biochem Biophys Res Commun* 1991;176:786-791.

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What is Co Q10 ?

Coenzyme Q10 is a compound found naturally in every cell of the body and serves as a vital nutrient for mitochondria , the energy producing center of the cells,

Coenzyme Q10 is an energy booster, an enhancer for the immune system, and a potent antioxidant.

Co Q10 Tissue Concentration

	Mcg/Gram
Heart	114.0
Kidney	66.5
Liver	54.9
Pancreas	32.7
Brain	13.4
Colon	10.7

Organs such as heart and liver, that require the largest supplies of energy to function have high concentrations of Co Q10. The heart muscle & neurons (nerve cells such as in the brain or central nervous system) have the greatest concentration of mitochondria-as many as 5,000 per cell.

Levels of CoQ10 in the body are influenced by factors such as age, stress, cold, illness, hormone concentrations, drugs & physical activity. Reduced levels may lead to reduced energy and reduced functioning of any organ or gland in the body. After the age of 20, humans experience a gradual decline in CoQ10 levels.

Deficiency might be caused by insufficient dietary CoQ10, impairment in CoQ10 biosynthesis, excessive utilization of CoQ10 by the body, or any combination of the three.

Factors That Lower CoQ10 Levels:

- ★ Certain Medications
- ★ Male Gender (hormone concentrations)
- ★ Elevated Cholesterol Levels
- ★ Age
- ★ Alcohol Consumption
- ★ Nutrient Status: Vitamin B-6, Selenium, etc.
- ★ Strenuous Exercise
- ★ Other Stressors: Extreme Cold, illness, etc.

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TOP 6 COQ10 BENEFITS

• Sustains Natural Energy

CoQ10 plays a role in “mitochondrial ATP synthesis,” which is the conversion of raw energy from foods into the form of energy that our cells use called ATP

• Reduced Free Radical Damage

Within mitochondria, coenzyme Q10 has been found to protect membrane proteins & DNA from the oxidative damage that accompanies lipid peroxidation and to neutralize free radicals directly that contribute to nearly all age-related diseases

• Can Improve Heart Health & Offset Effects of Statin Drugs

CoQ10 has strong potential for prevention and treatment of heart ailments by improving cellular bioenergetics, acting as an antioxidant and by boosting free radical scavenging abilities

• Slows Down Effects of Aging

Tissue levels of coenzyme Q10 have been reported to decline with age, and this is believed to contribute to declines in energy metabolism and degeneration of organs, such as the liver & heart and skeletal muscle

• Helps Maintain Optimal pH Levels

Within cells, CoQ10 helps transport proteins across membranes and separate certain digestive enzymes from the rest of the cell, which helps to maintain optimal pH

• Protects Cognitive Health

CoQ10 has been shown to offset decreases in activity of mitochondrial electron transport chains that affect nerve channels & brain function, studies show that people with cognitive disorders tend to have reduced levels of CoQ10 in their blood