



ENLIGHTENING CHOICES

Nutrition for a Lighter Lifestyle

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What is Coenzyme Q10?

Coenzyme Q10, also called Ubiquinone, is a natural fat-soluble substance produced in the body and found throughout nature in plants and animals. Similar to vitamin K, CoQ10 is classified as a non-vitamin nutrient that acts as an antioxidant to protect cell membranes from free radical activity.

What does CoQ10 do for our cells?

Ubiquinone is involved in making an important molecule known as adenosine triphosphate (ATP). ATP serves as the cell's major energy source and drives a number of biological processes, including muscle contraction and the production of protein.

How can CoQ10 help me?

CoQ10 boosts energy, enhances the immune system, and acts as an antioxidant. Clinical research suggests that using coenzyme Q10 may help prevent or treat some of the following conditions:

- Heart disease
- High blood pressure
- High cholesterol
- Diabetes

What is the best way to take CoQ10?

It is recommended that coenzyme Q10 be taken concurrent to a meal with oils in order to improve absorption in the body.

How often should I take CoQ10?

Recommended adult levels of supplementation of CoQ10 is 30-90mg per day. Discuss specific allowances with your physician and/or health care provider.

Is there a risk?

CoQ10 is generally safe with no significant side effects. Also, there have been no serious toxicities reported.

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