



Category 10  
Specialty Supplements



**GOODFORYOU**

GOOD FOR LIFE

**COENZYME Q10**

CoQ10 with Rice Bran Oil & Vitamin E  
100 mg 50 Softgels #103208

**Description: The CoQ10 used in each GFY product is 100% pure and is the highest quality available in pharmaceutical grade.**

**Contents / Ingredients**

**What is CoQ10 and what is it good for?**

CoQ10 (Co-enzyme Q10) is a vitamin-like compound also known as ubiquinone. Ubiquinone combines two terms to describe this substance –quinone is a type of coenzyme and ubiquitous indicates it exists everywhere in the human body. CoQ10 plays an important role in the body’s energy production and is an essential component of the mitochondria, where it helps to metabolize fats and carbohydrates and maintain cell membrane flexibility. CoQ10 is also involved in the production of several key enzymes that are used to create ATP (Adenosine triphosphate), a key energy storage molecule.

Without CoQ10, you would not be alive. CoQ10 is also an effective antioxidant that may beneficially affect the aging process. As we age, our body’s production of CoQ10 declines by as much as 80%. Because it is so important to energy production, and therefore life, researchers believe that this decline may be a factor in the effects of aging on the human body.

The highest levels of CoQ10 are found in tissues in the body that work the hardest; like the heart, the liver, etc. Initial studies into CoQ10 found that persons with cardiac insufficiencies had very low levels of CoQ10, and that supplementation increased CoQ10 levels. So CoQ10 is not only an effective antioxidant, but it supports cardiovascular health as well.

**Which of our CoQ10 products do not contain soy?** Because CoQ10 is a fat-soluble substance, many of our CoQ10 supplements include additional ingredients to facilitate absorption and utilization, including Lecithin, Vitamin E, Selenium and Hawthorne Berry. Lecithin and Vitamin E are both highly purified fractions derived from soybean oil.

**How and when should I take CoQ10?** CoQ10 works better if taken with fats and oils. Many CoQ10 supplements contain oils in the base and are sold as liquid filled softgel capsules. All forms of CoQ10 will work better if taken with a meal containing fats or with healthy supplements providing fat, such as fish oil, flax oil, coconut oil, etc.

**What about the quality of GFY's CoQ10?** GFY sells only the natural, 100% all-trans form of CoQ10 that is produced using natural fermentation and purchased from the leading Japanese suppliers. This is considered to be the best and most natural form available. Differences in absorption or utilization of CoQ10 products are mostly associated with oils added to powdered CoQ10 within a softgel capsule. These differences are far less important when the supplement is taken at the same time as other oils or oil-based supplements in the diet, rather than between meals. This makes it possible to take CoQ10 in a vegetarian form - or even as a powder - and still enjoy the benefits of enhanced absorption.

**Traditional Therapeutic Action**

**Supplement Facts**

	Amount Per Serving	% Daily Value
Serving Size 1 Softgel		
Coenzyme Q10	100 mg	(**)
Vitamin E (from Mixed Tocopherols)	30 IU	100%

(\*\*) Daily Value not established.  
Other ingredients: Rice Bran Oil, Gelatin, Glycerin, Beeswax, Water, Beta Carotene (D.Salina), Annatto (natural color) and Titanium Dioxide.

Contains soy derivative. Contains no sugar, salt, starch, yeast, wheat, gluten, corn, mil, egg or preservatives.

**SUGGESTED DOSAGE:** As a dietary supplement, take 1 softgel 1 to 2 times daily, preferably with meals.

Please note: This information is compiled from traditional and modern herb books, articles, and research. This information is summarized for its educational value and should not be used for the diagnosis, treatment, or prevention of disease. It should not be used to replace the services of a qualified practitioner. This information has not been evaluated by the FDA or Health Canada.