



# Coenzyme Q10 Ubiquinone

*Quest Coenzyme Q10 Ubiquinone 50 mg is a high-quality supplement for the maintenance and support of cardiovascular health. In addition to its heart-protective properties, coenzyme Q10 (CoQ10) is a powerful antioxidant that helps maintain overall good health.*



PRODUCT CODE: 338422

## HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Helps maintain and support cardiovascular health. An antioxidant for the maintenance of good health.	Tablets	Adults take 1 to 3 tablets daily.

## DESCRIPTION:

Each tablet of Quest Coenzyme Q10 contains 50 mg of coenzyme Q10 (ubiquinone).  
This product does not contain corn, dairy, egg, gluten, lactose, shellfish, soy, starch, sugar, sulphites, yeast, or animal derivatives.

**Recommended Daily Allowance:** N/A

**Food Sources:** N/A

**Causes of Deficiency:** Aging, cholesterol-lowering medications, beta-blockers, antidepressants.

**Symptoms of Deficiency:** Fatigue, gum disease, cardiovascular disease, susceptibility to infections.

**Complementary Nutrients:** A healthful diet, vitamin E.

## HOW IT WORKS:

Coenzyme Q10 (CoQ10) is also known as ubiquinone, because it is in every plant and animal cell. Although it is synthesized in the human body, the sick and the elderly may not be able to make enough. This vitamin-like substance is responsible for the production of the body's own energy, and it is necessary for the manufacture of adenosine triphosphate (ATP), the basic energy carrier molecule of the cell. Therefore, those organs with the highest energy requirements, such as the heart, lungs, and liver, have been shown to have the highest CoQ10 concentrations. CoQ10 also has antioxidant activity in mitochondria and cellular membranes, protecting against peroxidation of lipid membranes. In addition, CoQ10 has revitalizing effects on the immune system.



## DID YOU KNOW...

*Significant coenzyme Q10 deficiencies have been found in diseased gum tissue, and CoQ10's efficacy in reducing inflammation and periodontal pocket depth has been demonstrated in placebo-controlled trials.*

# Co-Enzyme Q10

## RESEARCH:

Clinical studies spanning several decades report positive results from the use of coenzyme Q10 (CoQ10) as adjunctive therapy in the treatment of congestive heart failure. Several studies have also demonstrated a strong correlation between severity of heart disease and severity of CoQ10 deficiency. In addition, cholesterol-lowering drugs, such as statin medication, have been found to lower CoQ10 levels, and some health care practitioners recommend taking supplemental CoQ10 if cholesterol-lowering drugs are prescribed.

## SIDE EFFECTS:

No side effects expected at recommended dosage, even with long-term use. Very high doses may cause mild gastrointestinal symptoms such as nausea and diarrhea.

## INTERACTIONS AND SAFETY CONSIDERATIONS:

Consult a health care practitioner before use if you are taking blood pressure medication or blood thinners.

## OTHER CONSIDERATIONS:

Consult a health care practitioner before use if pregnant or breastfeeding. Keep out of reach of children.

## LABEL:

	<p><b>Usage recommandé :</b> Aide au maintien et au soutien de la santé cardiovasculaire. Antioxydant pour le maintien d'une bonne santé.</p> <p><b>Dose recommandée (adultes) :</b> Prendre 1 à 3 comprimés par jour.</p>		<p>DO NOT USE IF SEAL UNDER CAP IS BROKEN. NE PAS UTILISER SI LE SCEAU DE SÉCURITÉ SOUS LE CAPUCHON EST BRISÉ.</p> <p><a href="http://www.questvitamins.com">www.questvitamins.com</a> 1-877-929-2548</p> <p>SunOpta Inc. 6 Commerce Crescent Acton, ON L7J 2K3</p> <p>A Proud Canadian Company Une compagnie canadienne fière de l'être.</p>
<p><b>ÉNERGIE</b></p> <p><b>Coenzyme Q10</b> <b>Ubiquinone</b> 50 mg</p> <p>NPN 02243442</p>	<p><b>Ingédients médicinaux :</b> Chaque comprimé contient : Coenzyme Q10 (ubiquinone) .....50 mg</p> <p><b>Ingédients non médicinaux :</b> phosphate dicalcique, cellulose microcristalline, croscarmellose sodique, dioxyde de silicium, stéarate de magnésium, acide stéarique, cellulose, glycérine.</p> <p><b>Information sur les risques :</b> Consulter un praticien de soins de santé si vous êtes enceinte ou allaitante, si vous prenez des médicaments pour la pression artérielle ou des anticoagulants.</p> <p><b>Ce produit ne contient aucun</b> mais, ingrédients laitiers, œuf, gluten, lactose, crustacés, soja, amidon, sucre, sulfites, levure ou dérivés d'origine animale.</p>	<p><b>ENERGY</b></p> <p><b>Coenzyme Q10</b> <b>Ubiquinone</b> 50 mg</p> <p>NPN 02243442</p>	<p>338422.01-03</p> <p><b>PREMIUM QUALITY ASSURED</b></p> <p>UPC CODE TO BE: 0 98371 21555 4</p>
<p><b>40 comprimés</b></p> <p>Aide au maintien et au soutien de la santé cardiovasculaire</p> <p>Sans colorants, arômes ou agents de conservation artificiels</p>	<p>RANGER DANS UN ENDROIT SEC ET FRAIS. TENIR HORS DE LA PORTEE DES ENFANTS.</p> <p>STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.</p>	<p><b>40 tablettes</b></p> <p>Helps maintain and support cardiovascular health</p> <p>No artificial colours, flavours or preservatives</p>	<p><b>F.P.O. - 80%</b></p>