

CoQ10 200mg Capsules (Coenzyme Q10) - HealthAid

Co-Q-10 200mg Capsules (Coenzyme Q10) is also known as ubiquinone and is utilised by tiny mitochondria found in the body cells and contributes to the release of energy from food. The heart and nervous system utilise a tremendous amount of energy to function efficiently and hence the cells in this region would require vast amounts of Co-Q-10.

Co-Q-10 200mg Capsules are specially formulated with a very high amount of ubiquinone suspended in oil and encapsulated in a soft gelatine capsule to maintain purity and potency for rapid absorption and efficacy.

When should I take Co-Q-10 200mg (Coenzyme Q10) Capsules?

Co-Q-10 200mg Capsules can be taken daily to maintain increased energy levels and assist the body in the fight of gum and cardiovascular disease.

Recommended Daily Intake of CoQ10 200mg Capsule (Coenzyme Q10) :

Adults and children over 12 years of age, one capsule daily. Can be increased to two capsules daily if required. Do not exceed recommended daily intake unless advised by a suitably qualified person.

**** Allergen Information: For allergens, see ingredients in bold.**

**** Free From Yeast, Gluten, Dairy, Salt, Artificial Preservatives & Flavourings**

**** Food Supplements should not be used as a substitute for a varied and balanced diet and healthy lifestyle.**

Each Co-Q-10 200mg Capsule contains (average):

Co-Enzyme Q10 (as Ubiquinone)	200mg*
Rice Bran Oil	340mg*

*: EC Nutrient Reference Value Not Yet Established

INGREDIENTS FOR COQ10 200MG CAPSULE:

Rice Bran Oil, Capsule Shell [gelling agent (gelatine), humectant (glycerine, purified water), natural colour (titanium dioxide)], Coenzyme Q10, Bulking Agent (**soybean** oil).