

CoQno1™

*A Revolutionary Concept in Combining Extracellular with Intracellular Delivery of CoQ10**

CoQno1™ 100 and CoQno1™ 200 features a unique combination of ubiquinol, also known as coenzyme Q10 (CoQ10), and geranylgeraniol (GG) to support mitochondrial and cellular health.* GG complements the actions of ubiquinol by operating as an upstream metabolite that helps stimulate the production of CoQ10 naturally by the body.* Each softgel serving provides ubiquinol as DuoQuinol™, an innovative patent-pending form of this molecule, and GG-Gold™, a patented form of GG extracted from annatto seeds, along with quillaja extract for superior absorption and bioavailability. Quillaja is an extract from the bark of the *Quillaja saponaria* tree, commonly used as an emulsifier in foods. This proprietary blend creates a stable solution that prevents crystallization and oxidation of ubiquinol.

Ubiquinone derives its name from the word “ubiquitous” because it is present everywhere in the human body. It is especially important for generating energy (adenosine triphosphate) in the mitochondria, which are the tiny “energy factories” inside most cells. For this reason, organs and tissues with high energy demands (such as the heart and liver) have the highest concentrations of CoQ10. In addition, CoQ10 is one of the body’s most critical antioxidants helping to protect mitochondrial membranes from free radical damage and helping to recycle other antioxidants (such as vitamins C and E).

GG occurs naturally in annatto, flaxseed, sunflower and olive oils, and certain medicinal herbs. GG is crucial for synthesizing CoQ10, constructing cell membranes, producing energy in the mitochondria, and stimulating the production of hormones and proper calcium trafficking into the bones.* GG shines in facilitating maintenance of muscle mass and bone tissue during aging.* GG is needed for protein synthesis and modification, helping to build proteins and efficiently perform their functions. GG is also required to convert vitamin K1 into the K2 form.* For those who do not consume much dietary K2 (found in egg yolks, liver, and full-fat dairy products), the human body converts K1 into K2 with the help of GG, and K2 is essential for supporting bone mineralization.*

Why Supplement with CoQ10 and GG?

CoQ10 occurs naturally in certain foods (especially animal foods such as red meat, poultry, and seafood), but the vast majority is produced inside the body. GG is also produced endogenously, which means inside the body. This internal synthesis may not always be sufficient, particularly in individuals taking pharmaceutical drugs that affect the pathway by which CoQ10 is produced. Synthesis of CoQ10 and GG declines naturally during aging and the use of certain pharmaceutical drugs (particularly for treating high cholesterol and osteoporosis) inhibit its synthesis, potentially resulting in a need for supplementation.

Recommended Use: Take one softgel per day with a meal, or as directed by your health-care practitioner. Note: This formula is best absorbed with a meal.

Highlights of CoQno1™ 100 and CoQno1™ 200*

- Superior absorption
- No crystallization
- Greater bioavailability than ubiquinol alone
- Supports healthy mitochondrial function
- May support cardiovascular, nervous system, and immune health
- Helps promote proper energy levels and healthy aging
- May benefit healthy bone metabolism



Consult with your healthcare practitioner about your specific circumstances and any questions you may have.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (860) 623-6314, OR VISIT US ON THE WEB AT WWW.DESIGNSFORHEALTH.COM.