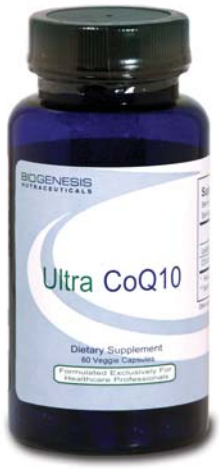

BIOGENESIS® NUTRACEUTICALS, INC

Ultra CoQ10

Serving Size 1 capsule
Servings Per Container 60

	Amount Per Serving
Lecithin	150 mg
Coenzyme Q10	100 mg

OTHER INGREDIENTS: Microcrystalline cellulose, stearic acid, silica. Contains soy (from lecithin).

SUGGESTED USE: As a dietary supplement, take 1 capsule one to two times per day or as directed by your healthcare professional.

REFERENCES:

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ULTRA COQ10

100 MG OF COENZYME Q10 STABILIZED IN LECITHIN, TO SUPPORT NORMAL CARDIOVASCULAR AND NEUROLOGICAL HEALTH

- **Supports cellular energy production and respiration**
- **Enhances mitochondrial electron transport and energy production**
- **Important for overall cardiovascular and neurological health**
- **Supports healthy gum/periodontal tissue**
- **Protective antioxidant**
- **Helpful in correcting CoQ10 deficiencies resulting from HMG-CoA reductase inhibiting cholesterol-lowering medications**

Coenzyme Q10 inhibits the oxidation of LDL cholesterol and protects mitochondrial and cellular membranes. Due to these cellular membrane and structural benefits, CoQ10 may be beneficial for a wide range of health conditions. CoQ10 has shown positive protective benefits for heart and neurological function. Oxidized LDL cholesterol plays an important part in the pathogenesis of atherosclerosis. CoQ10 acts as a cofactor in the mitochondrial electron transport chain where it accepts electrons from complex I and II, an activity directly involved in the production of cellular energy via ATP production.

CoQ10 has been an approved drug in Japan for use in congestive heart failure since 1974.

HMG-CoA reductase inhibiting cholesterol reducing medications can deplete CoQ10 levels, resulting in less cellular energy production and less antioxidant protection to all cellular tissues (cell membranes and cellular structures).

CoQ10 levels decrease with aging, due to reduced biosynthesis by the body. Supplemental CoQ10 may be beneficial. CoQ10 is fat soluble and therefore best taken with meals. The addition of an emulsifying agent, such as lecithin, can aid in the absorption of CoQ10.

TEL: 425.487.0788 / 866.272.0500 **FAX: 425.485.3518** **www.bio-genesis.com**

ULTRA COQ10

Lecithin is an emulsifying agent used to enhance the absorption of fat-soluble products. Lecithin may enhance the absorption of coenzyme Q10.

Because no long-term safety studies have been done to confirm safety, pregnant and nursing mothers should avoid CoQ10 products.

Due to possible improved glycemic control (Japanese clinical reports) in type II diabetics, blood sugar levels should be monitored regularly and medication doses adjusted as indicated.

Adverse Reactions: Mild gastrointestinal symptoms such as nausea, diarrhea and epigastric distress have been reported, particularly with doses higher than 200 mg per day.

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