Coenzyme Q10

The Moss Nutrition Professional Line

CLINICAL STRENGTH ANTIOXIDANT SUPPORT

**Supplement Facts**

| Servings Per Container: 60
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<td><strong>Amount Per Serving</strong></td>
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<td>Coenzyme Q10 (ubiquinone)</td>
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<tr>
<td>BioPerine® Black Pepper Extract (Piper nigrum) 95% piperine)</td>
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**Daily Value not established.**

Other Ingredients: Capsule (hypromellose), microcrystalline cellulose, vegetable stearate, silicon dioxide.

**SUGGESTED USE:** 1 CAPSULE PER DAY OR AS DIRECTED BY YOUR HEALTHCARE PROFESSIONAL.

**WARNING:** IF TAKING MEDICATION, PREGNANT, OR NURSING, CONSULT A PHYSICIAN BEFORE USING.

- Promotes cellular energy production and respiration.*
- Provides nutritional support for cardiovascular, neurological, and periodontal/gum health.*
- Enhances mitochondrial electron transport & ATP synthesis.*

Coenzyme Q10 from Moss Nutrition provides 100 mg of well-researched ubiquinone, complexed with 5 mg Bioperine® for enhanced bioavailability.

COENZYME Q10 is a fat soluble, vitamin-like substance typically found in small amounts within virtually every tissue of the body, where it cycles between ubiquinone (oxidized) and ubiquinol (reduced) forms. CoQ10 serves as the final receptor in the electron transport chain, the process responsible for producing ATP within cellular mitochondria, hence it is an essential nutrient for energy production throughout the body. CoQ10 tends to be more highly concentrated in heart muscle tissue, due to the high energy demands of this organ, and similarly in seminal fluid.

A powerful antioxidant, CoQ10 has been shown to protect mitochondrial and cellular membranes, and to inhibit the oxidation of LDL cholesterol. Because oxidized LDL cholesterol plays a key role in the pathogenesis of atherosclerosis, CoQ10 is often used to support a healthy vascular system, while its role in energy production makes it a crucial nutrient for proper heart muscle function. Coenzyme Q10 is thus considered a premier supplement for supporting overall cardiovascular health, and many studies over the past decades have supported its use in this regard. While sometimes dosed as low as 30 mg, research suggests that 100 mg CoQ10 daily raises serum ubiquinol levels far more significantly (up to threefold), hence this higher amount has been used in numerous positive clinical trials.

A 1994 Italian multicenter study of 2,664 patients with congestive heart failure reported 100 mg ubiquinone per day significantly improved clinical signs and symptoms such as edema, pulmonary rates, vertigo and cyanosis, leading to a

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marked improvement in quality of life. A more recent meta-analysis of randomized controlled studies, published in 2013, suggested that 100 mg of CoQ10 helped to improve functional status in patients with congestive heart failure by having a positive effect on ejection fraction (EF), a measure of heart muscle pumping strength.

In addition to its positive effect on heart health, CoQ10 has shown protective benefits to neurological function (notably for patients with Parkinson's Disease and Bell's Palsy), migraine headache and periodontal health. In addition, many practitioners recommend CoQ10 supplementation for their patients taking cholesterol-lowering medications that function as HMG-CoA reductase inhibitors, such as statins and red yeast rice, because these substances deplete CoQ10 levels, resulting in reduced cellular energy production, fatigue and muscle pain. In one study, patients taking statin medications who suffered from concurrent myopathies experienced a 40% reduction in muscle pain after just 30 days of treatment with 100 mg ubiquinone daily.

Generally speaking, naturally-occuring CoQ10 levels in the body gradually decrease with aging as biosynthesis slows down. Hence supplementation may be beneficial even in healthy older individuals. Because CoQ10 is fat soluble, it is best taken with meals.

BIOPERINE® is a patented standardized black pepper extract that has been included in this product at clinically researched levels to help aid in the absorption of CoQ10 and to serve as a bioavailability enhancer. In a 2000 study of patients taking 90 mg or 120 mg of ubiquinone, 5 mg of Bioperine® (the amount contained in Moss Nutrition Coenzyme Q10) was shown to increase circulating plasma CoQ10 levels by a significant 30% compared to placebo.

REFERENCES


* 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.