

Coenzyme Q10 with Tocotrienols

Rice Bran Oil Base

(Hypoallergenic)



#73450 (30 softgels)

#73460 (60 softgels)

#73470 (200 softgels)

The Possible Benefits of Coenzyme Q10 with Tocotrienols, a Dietary Supplement

- Can enhance the production of cellular energy (ATP)*
- Protects the mitochondrial membrane against lipid peroxidation*
- May support the function of the cardiovascular system, the immune system, and the health of the gums*
- Emulsified CoQ10 has greater bioavailability, and is synergistic with tocotrienols*

Description

Coenzyme Q10 with Tocotrienols in a rice bran oil base combines two lipid antioxidants in a superior synergistic form. Coenzyme Q10 (CoQ10), a nutrient critical for energy production and antioxidant protection of mitochondrial membranes, is emulsified in rice bran oil, which greatly increases its absorption and bioavailability.* Tocotrienols and tocopherols, two forms of vitamin E, work synergistically with CoQ10.

Besides the four well-known tocopherols, the vitamin E family also contains four tocotrienols: alpha, beta, gamma, and delta tocotrienol. Barley, rice bran, and palm oil products contain tocotrienols, but only in small quantities. Rice bran oil yields higher amounts of gamma-tocotrienol and lower amounts of alpha-tocotrienol as compared to tocotrienols from palm oil, providing increased absorption and utilization.*

Tocotrienols have been shown to strengthen arterial walls, and support blood flow through arteries (coronary, carotid, and peripheral).* They have also shown potential to support cholesterol within normal levels and protect against oxidation of cholesterol, possibly more effectively than vitamin E.* Differences in the antioxidant activities of tocopherols and tocotrienols are likely to be related to properties that affect their incorporation in cell

membranes. Tocopherols, with a saturated side chain that interacts hydrophobically with acyl side chains of membrane phospholipids, may be relatively less able to access lipid radicals due to steric hindrance. Tocotrienols, with an unsaturated farnesyl side chain, have increased accessibility to lipid radicals and resulting greater antioxidant capacity, as compared with tocopherols.

Coenzyme Q10 (CoQ10) is essential for the health of our cells, tissues and organs.* It belongs to a family of lipid soluble ubiquinones, present throughout the body, and it is the predominant CoQ form found in humans. It is most concentrated in cells of the heart, liver, kidney and pancreas. The body's production of CoQ10 peaks around age 20 and then declines. For many decades, supplemental CoQ10 has been used throughout Europe, Asia, and the United States for its support of cellular energy, antioxidant function and cardiovascular health.*

CoQ10 plays an essential role in the mitochondrial electron transport chain (ETC), the major metabolic pathway for making energy in every cell of the body. CoQ10 functions as an electron carrier in the ETC, linking the various enzymes of the chain, and the production of ATP is dependent on sufficient levels of CoQ10 in the mitochondrial

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membrane. CoQ10 is also an important antioxidant, protecting the mitochondria from free radical damage. The process of electron transport produces oxygen free radicals, which are then trapped by CoQ10 and vitamin E. CoQ10 reduces the initiation and propagation of lipid peroxidation in cell membranes and in lipoprotein fractions, and it works synergistically with vitamin E, helping to spare it.

CoQ10 has been extensively studied for its ability to support cardiovascular function.* Studies suggest that CoQ10 may strengthen the

heart muscle, and enhance such things as quality of life, breathing and heart rate.* It supports blood pressure within normal levels, and it may be of benefit to those taking cholesterol-lowering medications, which can reduce blood levels of CoQ10.* It has been shown to potentially support energy, sexual health, gum health, certain immune parameters, aerobic capacity and physical performance.*

CoQ10, vitamin E and tocotrienols are well tolerated, with an extensive history of study and safe use.

Serving Size: 3 Softgels

Servings Per Container: 10, 20, 66

Amount Per Serving:

Vitamin C (as Ascorbyl Palmitate)	2.5 mg
Vitamin E (as D-alpha-Tocopherol)	63 IU
Coenzyme Q10	300 mg
Tocotrienols	75 mg
Tocopherols	69 mg

Other ingredients: Rice Bran Oil, gelatin, glycerin, yellow beeswax, annatto extract, water, zinc oxide.

Suggested Use: As a dietary supplement, 1 to 3 softgels one or two times per day with meals, or as directed by a healthcare practitioner.

References (CoQ10 references available upon request)

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