

## Super-Absorbable CoQ10™ with d-Limonene 50 mg, 60 softgels

Item Catalog Number: 00949

The mitochondria are the cells' energy powerhouses, and coenzyme Q10 is an essential component of healthy mitochondrial function.<sup>37</sup>

CoQ10 is required to convert fats and sugars into cellular energy, yet the natural production of CoQ10 declines with advancing age.<sup>38</sup> When the body has an ample amount of CoQ10, the mitochondria can work most efficiently in cells everywhere, including the most densely populated area, the heart.<sup>39</sup> CoQ10 is also a potent antioxidant, helping protect the proteins, lipids and DNA of mitochondria from oxidation, and supporting mitochondrial function.<sup>40</sup>

When coenzyme Q10 is orally ingested, only a certain percentage is actually absorbed into the bloodstream. Higher doses of CoQ10 provide significantly better effects than typical doses. Since CoQ10 is such an expensive nutrient, an alternative to taking higher doses is to increase the amount of CoQ10 that is absorbed. Life Extension offers the ubiquinol form of CoQ10 in a patented delivery system that maximizes the amount of CoQ10 absorbed into the bloodstream.

### References

Super Absorbable CoQ10™ with d-Limonene provides the ubiquinone form of CoQ10 in a super-emulsified formulation that increases the amount of CoQ10 absorbed. d-Limonene is a natural compound found in orange oil that disperses and breaks down the CoQ10 particles, which reduces their size and makes CoQ10 more absorbable by the body.

Unlike other supplements that contain micronized ubiquinone CoQ10 particles, Super Absorbable CoQ10 with d-Limonene contains smaller, nano-sized CoQ10 particles that enhance this absorption. Research shows that people taking this formula have higher blood levels of CoQ10 than those taking other ubiquinone formulas.<sup>12</sup> Life Extension recommends the ubiquinol form of CoQ10 over this ubiquinone form.

### References

### Supplement Facts

Serving Size 1 softgels

Servings Per Container 60

#### Amount Per Serving

Coenzyme Q10

50 mg

Cold-Pressed Orange Oil Extract (*Citrus sinensis*) (peel) [std. to 90% d-Limonene (100 mg)]

111 mg

Other ingredients: ethyl oleate NF, polysorbate 80, softgel (gelatin, water, glycerin), D-alpha tocopherol, rosemary extract.

This product contains NO milk, egg, fish, peanuts, crustacean shellfish (lobster, crab, shrimp), soybeans, tree nuts, wheat, yeast, gluten, corn, or rice. Contains NO sugar, and no artificial sweeteners, flavors, colors, or preservative.

### Dosage and Use

- For those over age 30, take one softgel daily after a meal, or as recommended by a healthcare practitioner.
- Do not take with fiber supplements.

### Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

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