

## Super Ubiquinol CoQ10 with Enhanced Mitochondrial Support™

**50 mg, 100 softgels**

Item Catalog Number: 01425



Life Extension has consistently introduced more potent and better absorbed forms of coenzyme Q10 since the product first came on the market in the early 80s. The new Super Ubiquinol with Enhanced Mitochondrial Support™ contains an organic compound called Prima Vie® shilajit that research has shown to double levels of CoQ10 in the mitochondria.<sup>1</sup>

Shilajit has been shown to help restore and sustain cellular energy. The latest studies reveal that when shilajit is combined with CoQ10, cellular energy gains substantially increase.

In a breakthrough preliminary study, the combination of CoQ10 and shilajit produced a 56% increase in cellular energy production in the brain—40% better than CoQ10 alone. In muscle there was a 144% increase, or 27% better than CoQ10 alone.<sup>2</sup>

Researchers have found that shilajit works to boost CoQ10's beneficial effects by:

1. Stabilizing CoQ10 in its superior ubiquinol form, thereby prolonging its action at the cellular level.<sup>3,4</sup>
2. Facilitating more efficient delivery of CoQ10 into the mitochondria, resulting in greater cellular energy output.<sup>5-9</sup>

Scientific analysis shows that shilajit itself is rich in essential compounds that promote mitochondrial metabolism. Part of shilajit's beneficial effects derives from its ability to help the mitochondria convert fats and sugars into adenosine triphosphate, or ATP—the body's main source of energy.<sup>5-9</sup>

Combining ubiquinol CoQ10 with shilajit generates a powerful synergy that supports more youthful cellular energy production than CoQ10 alone.<sup>2,4,5</sup> What's more, Life Extension has added this novel ingredient to its CoQ10 formulations without increasing the price.

### References:

1. Systemic CoQ level in animals: Part II. Unpublished study. Natreon, Inc.; 2007.
2. Pharmacologyonline. 2009;1:817-25.
3. Pharmacologyonline. 2009;2:690-8.
4. Electronic Journal of Biotechnology. 2008 Jul 15;11(3).
5. Ghosal S. Shilajit in Perspective. Alpha Science International Limited; 2006.
6. Sci Total Environ. 1987 Apr;62:347-54.
7. Environ Sci Technol. 2002 Jul 15;36(14):3170-5.
8. Environ Sci Technol. 2002 May 1;36(9):1939-46.
9. Environ Sci Technol. 2009 Feb 1;43(3):878-83.

### Supplement Facts

Serving Size 1 softgel

Servings Per Container 100

#### Amount Per Serving

Calories	2
Calories from Fat	2
Total Fat	0.2 g
Ubiquinol (as Kaneka QH® Ubiquinol)	50 mg
PrimaVie® Shilajit fulvic acid complex	50 mg

Other ingredients: sunflower oil, gelatin, glycerin, purified water, yellow beeswax, caramel color.

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 preservatives.

Kaneka QH® is a registered trademark of Kaneka Corporation.  
PrimaVie® is a registered trademark of Natreon, Inc.

## Dosage and Use

- Take one softgel once or twice daily with food and a glass of water, or as recommended by a healthcare practitioner.

## Caution

Individuals with kidney stones, gout, or high uric acid levels should not take this product.

## 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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