



Bio-Quinon Q10 Gold 100 mg

What is Bio-Quinon Q10 Gold?

Bio-quinon Q10 consists of soft gelatin capsules with 100 mg of Q10 in the form of active ubiquinone dissolved in vegetable oil. The capsules are also light sealed. The preparation has for several decades been one of the world's most widely sold Q10 brands, due to the fact that it is able to demonstrate a high absorption.

Q10 is a fat-soluble, crystalline substance with a very low absorption, but using a special manufacturing technique in which Q10 undergoes a special heat treatment the Q10 crystals dissolve completely at body temperature. It is this complete solution of Q10, a high quality raw material and manufacturing according to the GMP protocol, which is the reason that Bio-Quinon Q10 has achieved such good bioavailability of the active substance. Bio-Quinon Q10 also contains vitamin C, which contributes to normal energy metabolism.

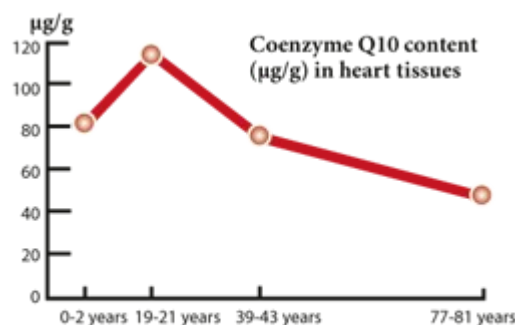
Good Q10 sources

We get Q10 from several types of food, the best sources are for example:

- offal
- herring
- sardines
- meat
- soy oil

In addition, humans are able to synthesize some Q10 in the body. The process which takes place in almost all cells of the body, slows down as we grow older and as a result of disease. According to experts, the body's Q10 level peak at the age of 20-25 years from which point it begins on a downward slope.

Below an illustration of the body's normal level of coenzyme Q10 in heart muscle over time.



(Source: Lipids vol. 24, no. 7 (1989))

Coenzyme levels in a person's vital organs peak at the age of 19-21, suggesting that this is the time of life where you have the most energy.



 **Pharma Nord**

Bio-Quinon Q10 Gold

Declaration

1 capsule contains:

		% RDA*
Ubiquinone (coenzyme Q10)	100 mg	
dispersed in vegetable oil.		
Vitamin C	25 mg	31%

* RDA: Recommended Daily Allowance

Dosage:

Adults: 1 capsule daily with a meal. Do not exceed the recommended daily dosage. Should not be taken by pregnant and lactating women or children under the age of 11 years without consulting a physician or health nurse first.

Storage

Room temperature and not in direct sunlight.
Keep out of reach of children.

Ingredients

Vegetable oil*
Capsule: Bovine gelatin
Coenzyme Q10
Moisturizing agent: Glycerol (E422)
Coloring agents: Ammoniated caramel, titanium dioxide
Moisturizing agent: Purified water
Coloring agent: Titanium dioxide
Vitamin C (ascorbic acid)

* Extracted from freshly harvested, ripe palm fruits cultivated in sustainable (certified) plantations.

Dietary supplements should not replace a varied diet.

The ingredients in this product are not organically grown. The word "Bio" merely relates to the bio-availability or biochemical organic nature of the product

Science has not been able to quantify exactly how much Q10 is provided by means of the diet but it is estimated to be somewhere around 5-10 mg daily. The body has a Q10 reserve that amounts to about 1–1,5 gram. The highest concentrations are found in the heart, liver, and kidneys.

What is coenzyme Q10?

Coenzyme Q10 (or just Q10) is a vitamin-like substance. It's also called ubiquinone (ubi is Latin and means "everywhere"). Bio-Quinon Q10 Gold contains vitamin C that contributes to a normal energy-yielding metabolism. When a cell needs energy it convert fat, carbohydrate, protein, and alcohol into ATP (adenosine triphosphate), a molecule that stores energy in its chemical form. The cell breaks down the ATP molecule and releases the energy trapped inside. The entire process takes place inside the cells in some small bean-shaped structures called mitochondria. Coenzyme Q10 is found in all mitochondria. Muscle cells are particularly dependent on large amounts of energy, which is why muscle cells contain substantially more mitochondria than other types of cells. The heart muscle is a good example of body tissue with cells that contain a large number of mitochondria and have a correspondingly large energy requirement.

A very safe substance

Studies show that long-term supplementation with Q10 does not affect the body's endogenous production of the substance. More than 20 years of research and consumer experience support the safety of Bio-Quinon Q10.

- Bio-Quinon Q10 contains Q10 in vegetable oil in soft, light-protected gelatin capsules. This formula has been able to document high bio-availability
- Bio-Quinon Q10 is the official reference preparation of ICQA (International Coenzyme Q10 Association)

- The Q10 raw material in Bio-Quinon Q10 is identical with the type of Q10 that is made in the human body (body-identical)
- The form of Q10 used in Bio-Quinon Q10 is the natural all-trans form, which is devoid of synthetic cis-isomers.
- Unique mixture of vegetable oils (from a sustainable production) in gelatin capsules
- Bio-Quinon Q10 is documented in over 90 published studie
- Added vitamin C which contribute to the body's energy-yielding metabolism and to the reduction of tiredness and fatigue

