

*Co-enzyme Q10 can support the best possible performance and physical well-being.*

### Basics:

Co-enzyme Q10 is also known as ubiquinone: The name refers to the “ubiquitous” occurrence of this substance in the human body, indicating the important position it plays in cell metabolism. Co-enzyme Q10 is formed in the liver, but is also absorbed with food. It is mainly found in beef, chicken, sheep and lamb meat, fish and eggs. With increasing age, our body stops producing coenzyme Q10 in sufficient quantities.

Although too low a level of co-enzyme Q10 in the blood can be compensated for by increasing the proportion of co-enzyme Q10-rich foods such as beef or eggs in the diet, the intake of large quantities of this type of food is unfortunately also associated with an increased intake of cholesterol and unhealthy saturated fatty acids. The muscle cells have the greatest energy demand and thus the highest content of co-enzyme Q10.

The most important functions of co-enzyme Q10 are based on the numerous tasks in which the cells require energy and in the provision of which the co-enzyme is significantly involved.

**General well-being / anti-aging:** In general, co-enzyme Q10 can support the best possible performance and physical well-being. With age, co-enzyme Q10 levels decrease; this may be one of the many causes of ageing.

If the absorption of co-enzyme Q10 through the diet is not sufficient or there is an increased need, this nutrient can be supplemented through special food supplements.

### Ingredients:

#### One capsule (clear) contains:

Coenzyme Q10 30 mg, 60 mg, 100 mg or 200 mg

#### Other ingredients (30 mg, 200 mg):

Rice Flour, Magnesium Stearate.

#### Other ingredients (60 mg, 100 mg):

Rice Flour, Magnesium Stearate, SiO<sub>2</sub>.

The product is vegan, vegetarian, gluten-free, lactose-free, not genetically modified.

Capsule shell vegan.

### Recommended consumption:

In normal cases, depending on your age, take with plenty of fluid as follows:

25–40 years from 30 mg daily

40–60 years from 60 mg daily

from 60 years from 120 mg daily

An ideal synergistic effect can be produced if the product is taken together with L-carnitine.

### Notes:

Food supplements are not intended as a substitute for a balanced and varied diet and a healthy lifestyle. Do not exceed the recommended daily intake. Keep out of the reach of children. Store protected from light and dry at room temperature.

The published information is not a cure and is not intended as a request or suggestion for selfmedication.

Although some of the above statements on individual micronutrients are derived from scientific studies, they have been categorised as “not yet sufficiently proven” by official authorities such as the European Food Safety Authority (EFSA), meaning that no positive effect can be confirmed.

The product described here has not been conclusively evaluated by the Food and Drug Administration (FDA; USA) or the European Food Safety Authority (EFSA; Europe). This product is not intended to diagnose, treat, cure or prevent any disease.

Errors and typographical errors excepted. VBX-1-24

Manufacturer



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