

## Coenzyme Q<sub>10</sub> 60 mg with Lipoic Acid

Coenzyme Q<sub>10</sub> 60 mg offers all of the protective effects of Coenzyme Q<sub>10</sub> with lipoic acid, carefully blended in a base of red wine proanthocyanidins. Coenzyme Q<sub>10</sub> is an important cofactor in the mitochondrial electron transport chain, the biochemical pathway that generates energy in the form of adenosine triphosphate (ATP). Coenzyme Q<sub>10</sub> is also a naturally-occurring antioxidant nutrient that decreases oxidative damage in biological systems. Numerous studies indicate coenzyme Q<sub>10</sub> also plays an important role in the maintenance of the entire cardiovascular system, including support for endothelial cell function and heart contractility.

Lipoic acid is unique among biological antioxidants because it is soluble in both water and lipids; this allows it to neutralize free radicals just about everywhere in the body. Due to its unique sulfur-containing structure, lipoic acid can scavenge several types of free radicals, including the highly reactive hydroxyl and singlet oxygen free radicals. It is also capable of suppressing the generation of free radicals. Besides scavenging free radicals, lipoic acid potentiates the effect of other antioxidants, such as vitamins C and E, beta-carotene and selenium, and can regenerate glutathione. Because lipoic acid is involved in so many different antioxidant functions in virtually all body tissues, it has been called the universal antioxidant.

### Indications

- Cardiovascular support
- Antioxidant support

**Suggested Usage:** Adults: Take 1 capsule, 1-2 times daily, or as directed by your healthcare practitioner.

### Each Capsule Contains<sup>1</sup>

Coenzyme Q <sub>10</sub> (ubiquinone).....	60 mg
Alpha-Lipoic Acid .....	50 mg
Red Wine Proanthocyanidins (fruit) .....	5 mg

### Formula

7362

### Size

30 Capsules