

Co-Q Energy



Clinical Applications:

- Enhances cellular energy production and physical endurance
- Supports healthy cardiovascular function
- Promotes balanced blood sugar levels already within normal range
- Supports brain and nervous system health

CARDIOVASCULAR HEALTH

What is Co-Q Energy?

Co-Q Energy features Coenzyme Q10 (CoQ10), also known as ubiquinone—a vital compound naturally produced by the body. CoQ10 plays an essential role in cellular energy production (ATP) and is one of the most powerful fat-soluble antioxidants. It helps protect cells, tissues, and organs from oxidative stress and free radical damage, while also safeguarding mitochondrial DNA and preventing protein and lipid oxidation. Co-Q Energy is delivered in a proprietary oil-based formula with natural vitamin E to enhance absorption and ensure optimal stability.

Overview

Coenzyme Q10 (CoQ10) is a vital lipid-soluble antioxidant found in every cell of the body, particularly in the mitochondria—the energy powerhouses of our cells. CoQ10 plays a crucial role in the production of adenosine triphosphate (ATP), the molecule responsible for driving nearly every biochemical function in the body.

The generation of ATP occurs through a complex biochemical process known as the electron transport chain, where CoQ10 acts as a coenzyme in several key reactions. During energy production, CoQ10 transitions between two forms: ubiquinone, the form involved in ATP synthesis, and ubiquinol, its antioxidant state, which neutralizes harmful free radicals. This recycling process is essential to maintaining mitochondrial health and cellular energy.¹

Unfortunately, the body's natural production of CoQ10 starts to decline around age 35–40, making supplementation increasingly beneficial with age.¹ CoQ10 has been shown to support high-energy organs such as the heart, brain, and immune system, helping to maintain vitality and function as we age.

Age & Medication-Related Depletion

CoQ10 levels can decline not only with age but also due to diet, oxidative stress, genetic factors, and certain medications. Statins, commonly prescribed to lower cholesterol, inhibit the enzyme HMG-CoA reductase, which is essential for the body's synthesis of both cholesterol and CoQ10.²

Thirteen controlled trials have documented statin-induced CoQ10 depletion, with reductions ranging from 19–54%.² Supplementation with Co-Q Energy can help restore and maintain optimal levels in those affected.

Cardiovascular Health

Because the heart demands large amounts of energy, CoQ10 is especially important for maintaining cardiac output and protecting the cardiovascular system from oxidative stress. In clinical studies:

- Daily supplementation with 100 mg of CoQ10 significantly supported heart function and increased exercise tolerance.³
- In another trial, individuals receiving an average of 225 mg of CoQ10 daily experienced improved blood pressure regulation.⁴
- CoQ10 also protects LDL cholesterol from oxidation—a key factor in promoting healthy arterial health.⁵

† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Blood Sugar Support

CoQ10's role in mitochondrial energy production directly impacts glucose metabolism. It has been shown to help maintain blood sugar balance already within normal levels. In one clinical study, CoQ10 administration resulted in better glucose regulation and a 30% reduction in ketone levels in over half of participants.^{7 8}

Neurological Health

Neurons rely on a constant supply of ATP to function optimally. When mitochondrial function is impaired, oxidative stress can build up in the brain and central nervous system. CoQ10 helps support mitochondrial efficiency and provides neuroprotective antioxidant support, promoting cognitive and neurological health.⁹

Directions

1 or more soft gel capsules per day or as recommended by your health care professional.

Does Not Contain

This product contains no gluten, corn, artificial colors, or flavors.

Cautions

If you are pregnant or nursing, consult your physician before taking this product

References

1. Hojerova J. Ceska Slov Farm. 2000;49:199-123.
2. Hargreaves IP, et al. Drug Saf. 2005;28:659-676.
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5. Stocker R, et al. Proc Natl Acad Sci USA. 1991;88(5):1646-1650.
6. Gaby AR. Altern Med Rev. 1996;1(3):168-175.
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Supplement Facts ^{V4}		
Serving Size 1 Soft Gel Capsule		
Servings Per Container 30, 60 & 120		
1 soft gel capsule contains	Amount Per Serving	% Daily Value
Vitamin E (from 100 IU as d-Alpha Tocopherol)	64 mg	427%
Coenzyme Q10	100 mg	*
* Daily Value not established		

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