

Coenzyme Q10

A VITAL SUPPLEMENT AFTER AGE 40 FOR EVERY ONE

(Compiled by : nsir malik – Pakistan)

The Health Supplements market already acknowledges the many health benefits of taking Co-enzyme Q10 (CoQ10) – increased energy, improved metabolism, weight loss, cell protection, and better cardiovascular health, periodontal health – however, you must take it in a particular form to derive the full power of all these benefits.

Coenzyme Q10, a substance known as ubiquinone, is a vitamin-like substance that is found throughout foods and in our cells. Ubiquinone -- means everywhere.

It is made in the body from a protein called, tyrosine and there are several vitamins that help in this process but it does not contain Vitamin A.

Read more: http://wiki.answers.com/Q/Does_Coenzyme_Q10_contain_Vitamin_A#ixzz1o233GHL1

There is no established dosage for CoQ10. A reasonable dose would depend on what CoQ10 is being used for. Very high dosages are used for degenerative ailments. The dosage would also depend on the form of CoQ10 used. The Ubiquinol form of CoQ10 is the most bio-available and is more potent than the Ubiquinone form.

For general health, a reasonable dose would be between 30 mg to 60 mg of Ubiquinol. Most CoQ10 supplement, like CoQ Matrix, contains about 50 mg of CoQ10.

Read more: http://wiki.answers.com/Q/What_doseage_is_the_best_for_Coenzyme_Q10#ixzz1o23NqeoM

AWARDIN PLUS 50Mg CAPSULES - company name/ werrick pharma

Read more: http://wiki.answers.com/Q/What_brand_is_the_best_for_Coenzyme_Q10#ixzz1o23ZDXZr

Active Ingredient(s): Coenzyme Q10

What does it do?

This product is commonly used as a dietary supplement. It is believed to have antioxidant properties and is often used by patients to prevent migraine, cardiovascular problems, cancer and diseases of aging.

CoQ10 is not an herbal source, however it is found in some foods. It is a substance found in most tissues in the body. It can also be made in the laboratory. It is used by the body to produce energy for cells, and as an antioxidant. It is classified as an enzyme.

Here are some of the many other ways CoQ10 can help you look better, live longer and feel better:

- *Skin care.* Studies show that CoQ10 can help reduce wrinkles and protect skin from the damaging effects of too much exposure to sunlight and airborne pollutions.

- *Heart health.* According to cardiovascular medical experts, a number of clinical studies have found CoQ10 can promote cardiovascular health.
- *Oxidative stress.* CoQ10 is a powerful antioxidant, that eliminates free radicals that can cause damage to cell membranes and mitochondria.
- *Blood sugar.* An Australian study showed that participants who took CoQ10 were able to maintain blood sugar levels that are already within the normal range.
- *Clear-headed comfort.* In a study, more than 6 out of 10 participants treated with CoQ10 daily reported feeling more clear-headed comfort.
- *Gum health.* CoQ10 can improve gum and oral health.
- *Bronchial Health.* Researchers in Texas found CoQ10 helps promote bronchial health.
- *Vision.* In a recent clinical trial, taking CoQ10 for a year helped participants see more clearly.
- *Cognition.* An animal study performed at Johns Hopkins University, US found that CoQ10 supplementation can improve learning and memory abilities.

We know from many years of research into energy production that CoQ10 has a direct effect on the human metabolism and physiology.

Hi, may I share a secret with you? I intend to have the energy and vitality of a teenager well into my 60s, 70s, and even my 80s! That's my goal. That's the whole point of anti-aging medicine: to retain the power of youth well into our older years.

That's why I take [Co Q10](#) every day. CoQ10 is one nutrient I plan to take every day for as long as I live. You should, too. And now we've made taking CoQ10 daily more convenient, affordable, and more effective than ever....

And to keep your heart, going for ever & to keep away from surgeries and doctors, use the following on daily basis:

1- ARJUNA TEA – One dose daily 20 minutes before breakfast. (Its made with one-third teaspoon powder OR a three-quarter inch square of **ARJUNA** tree bark boiling in cup of water for **FIFTEEN** minutes. Then its cooled & strained) Note: There is still no medicine I repeat **NO MEDICINE** that can **sure cleanse both veins & arteries** without any kind of side effects but **ARJUNA TEA!!!**

2- EVION 600 mg – One capsule after breakfast.

3- ESSENTIALE – One capsule after breakfast.

Biological Activity

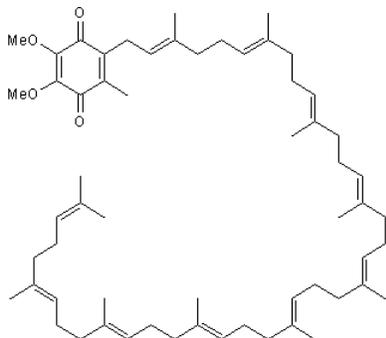
Component of the mitochondrial transporter chain that behaves as a powerful antioxidant. Displays neuroprotective activity.

Technical Data

| | |
|-----------------------------|--|
| M.Wt: | 863.34 |
| Formula: | C ₅₉ H ₉₀ O ₄ |
| Solubility: | Soluble to 100 mM in ethanol |
| Purity: | >99 % |
| Storage: | Store at -20°C |
| CAS No: | 303-98-0 |

Coenzyme Q10

Cat. No. 3003



Price and Availability

For **Coenzyme Q10** pricing & availability please select your country from the drop down menu:

Bottom of Form

Chemical Name: 2-[(2*E*,6*E*,10*E*,14*E*,18*E*,22*E*,26*E*,30*E*,34*E*)-3,7,11,15,19,23,27,31,35,39-Decamethyl-2,6,10,14,18,22,26,30,34,38-tetracontadecaen-1-yl]-5,6-dimethoxy-3-methyl-2,5-cyclohexadiene-1,4-dione

The technical data provided above is for guidance only. For batch specific data refer to the Certificate of Analysis.

Resources

- [Molarity Calculator](#)
- [Dilution Calculator](#)
- [Technical Support](#)

Certificate of Analysis / Safety Data Sheet

Certificate of Analysis: [View current batch](#)

Safety Data Sheet: [View Safety Data Sheet](#)

References

Shults (2003) Coenzyme Q10 in neurodegenerative diseases. *Curr.Med.Chem.* **10** 1917. PMID: [12871093](#).

Young et al (2007) Coenzyme Q10: a review of its promise as a neuroprotectant. *CNS Spectr.* **12** 62. PMID: [17192765](#).