CoQH Select®

MOSS NUTRITION

HIGHLY SOLUBLE & STABLE UBIQUINOL COENZYME Q10*

Supplement Facts
Serving Size: 1 Softgel
Servings Per Container: 60

	Amount Per Serving	% Daily Value
CoQH-CF® Ubiquinol (Reduced Coenzyme Q-10)	100 mg	**

** Daily Value not established.

Other ingredients: D-Limonene oil, gelatin, glycerin, purified water, caprylic acid, capric acid, caramel liquid, alpha-lipoic acid.
Does not contain gluten.

SUGGESTED USE: 1 SOFTGEL PER DAY OR AS DIRECTED BY YOUR HEALTHCARE PROFESSIONAL.

WARNING: IF YOU ARE TAKING MEDICATION, HAVE A MEDICAL CONDITION OR AN UPCOMING MEDICAL PROCEDURE, OR ARE PREGNANT OR NURSING, CONSULT A PHYSICIAN BEFORE USING. IF ADVERSE REACTIONS OCCUR, DISCONTINUE USE & CONSULT YOUR HEALTHCARE PRACTITIONER.

Q+® and Kaneka Ubiquinol™ are registered or pending trademarks of Kaneka Corp.

- Researched for superior absorption & stability.*
- Supports mitochondrial energy production and respiration.*
- Provides powerful antioxidant activity and nutritional support for a healthy brain and cardiovascular system.*

CoQH Select® from Moss Nutrition offers advanced CoQ10 support with CoQH-CF® ubiquinol—a researched, patent-pending formulation that blends absorbable, activated Q+® Kaneka Ubiquinol™ with alpha lipoic acid, d-limonene and capric/caprylic acids for enhanced stability.

UBIQUINOL is the biologically active, reduced form of coenzyme Q10, a fat soluble, vitamin-like substance found within virtually every cell and tissue in the body. In healthy people, CoQ10 undergoes continuous cycling between *ubiquinone*, the oxidized form, and *ubiquinol*, the reduced form. In the body, approximately 95% of circulating coenzyme Q10 occurs as reduced ubiquinol but until fairly recently, the only form available in supplements was ubiquinone. As ubiquinone, CoQ10 has been studied for numerous benefits to health, notably antioxidant protection against LDL oxidation, support for a healthy heart and cardiovascular system, support for healthy brain and neurological function and support for mitochondrial energy production.

The challenge with CoQ10 supplementation is absorption. As ubiquinone, supplemental CoQ10 is easily crystallized and strongly lipophilic, making it difficult to absorb even when consumed with fatty foods. Supplemental CoQ10 as ubiquinol has been shown in both in vitro and in vivo studies to be more efficiently incorporated into micelles during digestion and far more absorbable than ubiquinone. A 2008 study comparing absorption of the two forms in patients with congestive heart failure and intestinal inflammation found ubiquinol yielded dramatically improved absorption capacity and increased plasma CoQ10 levels compared to ubiquinone.

CoQH Select® supplies ubiquinol as CoQH-CF®, a unique material incorporating d-limonene to prevent crystallization of the ubiquinol without altering its chemical structure, thereby enhancing absorption. (CF stands for "crystal free".)

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* 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.

Results of a 2009 study comparing the bioavailability of a single 100 mg dose of CoQH-CF® to a single 100 mg dose of standard ubiquinone-form CoQ10 showed that subjects in the CoQH-CF® group attained maximum plasma CoQ10 concentrations sooner, by more than ten hours, than subjects in the ubiquinone group (15.5 hours vs 26.5 hours post-supplementation). Furthermore at maximum concentration, plasma levels of oxidized CoQ10 in the CoQH-CF® group were higher by 3.3-fold, while plasma levels of reduced and total CoQ10 were 4.3-fold higher.

Biological functions of ubiquinol include serving as an electron acceptor in the electron transport chain in order to produce ATP. In this role, ubiquinol is essential for energy production within cellular mitochondria throughout the body and particularly in brain and heart muscle tissue, due to the high energy demands of these organs. Coenzyme Q10 is considered a premier supplement for supporting overall cardiovascular health, and many studies over the past decades have supported its use in this regard. As an antioxidant, it helps to protect both mitochondrial and cellular membranes and to inhibit the oxidation of LDL cholesterol. In addition, many practitioners recommend CoQ10 supplementation for their patients taking cholesterol-reducing HMG-CoA reductase inhibitors (i.e. statin drugs or red yeast rice) because these substances deplete CoQ10 levels, often resulting in reduced cellular energy production, fatigue and muscle pain.

Serum CoQ10 levels typically decrease with age as endogenous biosynthesis slows down, suggesting that supplementation with this nutrient may be particularly appropriate for older individuals. Moss Nutrition **CoQH Select®** should be taken with meals for best results.

REFERENCES

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