



# CO ENZYME Q10

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Q10 (COQ10) IS A FAT SOLUBLE CO ENZYME THAT HAS POWERFUL ANTIOXIDANT ACTIVITY, BUT IS NOT CLASSED AS A VITAMIN BECAUSE IT CAN BE MADE IN THE BODY.

CoQ10 levels reach their peak in most tissues by the time a person reaches the age of 20 and then fall slowly thereafter. As our levels decline with age, the elderly may have an additional requirement for supplementation.

CoQ10 is a crucial antioxidant that supports healthy heart function and plays a vital role in maintaining our body's healthy cholesterol levels and circulatory health. The heart is the most susceptible of all the organs to premature aging and free radical oxidative stress, so antioxidant protection is important.

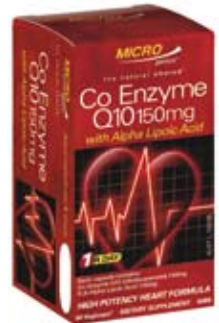
CoQ10 also plays a vital role in energy production and is important for all energy-dependent processes, including heart muscle contraction. It can assist the body's

stamina and endurance levels. Without adequate CoQ10, energy production declines and your cells can't function properly.

MICROgenics Co Enzyme Q10 150mg with Alpha Lipoic Acid is a high potency, one-a-day formulation in a gelatin-free capsule.

It contains naturally fermented CoQ10 which works synergistically with the Alpha Lipoic Acid to maintain the antioxidant defence system within the body.

*If you are on warfarin therapy for a heart condition, do not take without medical advice.*



Other nutrients that can be taken with CoQ10 include B group vitamins to support energy production, alpha lipoic acid for additional antioxidant activity and fish oil to help maintain a healthy cardiovascular system.

Visit your local Health 2000 store to find out more about the products mentioned within this magazine.