



## Applications

- Supports Cellular Energy Production, Stamina and Cardiovascular Strength
- Improves Antioxidant Reserve Vital for Cell Membrane Protection
- Essential for Mitochondrial Synthesis of Energy (ATP)
- Provides Fully Reduced Form of CoQ10
- Patented and Stabilized Form for Maximum Bioavailability and Utilization

## CARDIOVASCULAR HEALTH

Ubiquinol, the primary ingredient in CoQMax, is the reduced, active antioxidant form of coenzyme Q10 (CoQ10). Produced naturally within the body, ubiquinol is CoQ10 that has been converted into a substance necessary for use in cellular energy production. In addition to its critical role in energy production, CoQ10 is one of the most powerful known lipid-soluble antioxidants, protecting cells, organs and tissues from damage caused by oxidative stress and free radicals. For those who cannot efficiently convert ubiquinone to ubiquinol on their own, this patented, lipid-stabilized CoQMax formula ensures maximum bioavailability and cell protection.

### Overview

CoQ10, or ubiquinone, is a lipid-soluble antioxidant which is found in every cell in the body. CoQ10 is abundant in the mitochondrial membrane and plays an important role in the synthesis of adenosine triphosphate (ATP), a molecule of chemical energy upon which all cellular functions depend. The synthesis of ATP within the mitochondria is a multi-step series of biochemical reactions called the electron transport chain. As a coenzyme, CoQ10 is required for several enzymatic reactions required to produce cellular energy and to protect the body against free radicals produced during this process. To maintain energy production, mitochondrial CoQ10 is continuously recycled from ubiquinone, its ATP production state, to ubiquinol, its antioxidant, free radical scavenging state. CoQ10, has been shown to extend cell life and benefit high-energy systems like the cardiovascular, neurological, and immune systems.

### CoQ10 Depletion†

The body's ability to produce and metabolize CoQ10 has been reported to decrease with age. CoQ10 deficiency may be caused by insufficient dietary intake of CoQ10, impairment in CoQ10 production, drug-induced CoQ10 depletion, gene mutations, and oxidative stress. HMG-CoA reductase is an enzyme required for the synthesis of cholesterol and CoQ10. Cholesterol lowering medications inhibit this enzyme in order to reduce cholesterol synthesis but may also deplete CoQ10 status simultaneously. In the event of CoQ10 depletion, supplementation can improve CoQ10 status and help maintain optimal levels in the body

### Antioxidant Protection†

Oxidative stress is a condition that occurs when there is an imbalance of free radicals and antioxidants required to neutralize them, leading to oxidative damage. The extent of oxidative stress depends on the rate at which free radicals are generated, the level of antioxidant reserves, and the rate of repair of cellular and tissue damage that has occurred. This process has a significant impact on the body's aging process. Ubiquinol is an electron donor because it has two hydroxyl groups. The electrons that ubiquinol donates help to neutralize free radicals thereby providing significant protection against toxic oxidative reactions in the body.

### Cholesterol†

CoQ10 appears to be a preventive factor for reducing lowdensity lipoprotein (LDL) oxidation- a major factor for supporting healthy cholesterol levels.<sup>1</sup> In a study examining the antioxidant effects of ubiquinol versus

†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.

Originally from Ortho Molecular Products Ubiquinol.  
Adapted by SOPHIA Natural Health Center.

vitamin E, ubiquinol significantly reduced LDL lipid peroxidation more efficiently than vitamin E.<sup>1</sup>

### Cardiovascular Health†

CoQ10 is important for all energy dependent processes, including contraction of the heart muscle. CoQ10 is also important for the protection against free radical damage to the arterial vessels. In a double-blind, cross-over trial 19 patients received 100 mg/day or placebo for 12 weeks. Compared with placebo, patients receiving CoQ10 demonstrated significant support of cardiac function and increased tolerance for physical activity.<sup>2</sup> In another study, 109 patients received an average dose of 225 mg of CoQ10 per day. After a mean treatment period of over four months, CoQ10 helped maintain healthy blood pressure levels in more than half of the patients.<sup>3</sup>

### Directions

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

### Does Not Contain

Gluten, corn, yeast, artificial colors and flavors.

### Cautions

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

### References

1. Stocker R, Bowry VW, Frei B. Ubiquinol-10 protects human low density lipoprotein more efficiently against lipid peroxidation than does alpha-tocopherol. *Proc Natl Acad Sci* 1991; 88(5):1646-50.
2. Langsjoen PH, Vadhanavikit S, Folkers K. Effective treatment with coenzyme Q10 of patients with chronic myocardial disease. *Drugs Exptl Clin Res* 1985;11:577-579.
3. Langsjoen P, Langsjoen P, Willis R, Folkers K. Treatment of essential hypertension with Coenzyme Q10. *Molec Aspects Med* 1994;15(Suppl):S265-S272.

## Supplement Facts<sup>V2</sup>

Serving Size 1 Soft Gel Capsule

Servings Per Container 30

1 soft gel capsule contains	Amount Per Serving	% Daily Value
Ubiquinol (Kaneka Ubiquinol™)	100 mg	*

\*Daily Value not established

Other Ingredients: D-Limonene Oil, Gelatin, Glycerin, Medium Chain Triglyceride Oil, Purified Water, Fruit and Vegetable Juice (for color), Alpha Lipoic Acid, and Annatto Seed Extract (for color).

†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.

**SOPHIA Natural Health Center, 31 Old Rt. 7, Brookfield, CT**  
Phone: (203) 740-9300 || Web: [inm.center](http://inm.center)