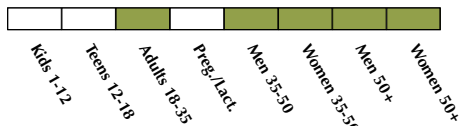


# CoQUINONE™ 30



- Supports a strong and healthy cardiovascular system\*
- Provides superior antioxidant activity\*
- Contains CoQ10 and alpha lipoic acid in a highly bioavailable formula
- Provides support for normal cellular energy production\*



ITEM# 123

The energy that every cell needs to function is produced through a complex process in the mitochondria, an organelle within the cell, often called the cellular powerhouse. Cells store energy in a molecule called adenosine-5-triphosphate, or ATP. Thus ATP is synthesised and used by every cell in the body. CoQ10 is an essential part of the electron transport chain used to make ATP. CoQUINONE™ 30 was developed to deliver high-quality, highly bioavailable CoQ10 to the cells to support the production of ATP.\*

Cells with the highest energy demands, such as in the heart, contain the highest levels of CoQ10, which has been studied for years in the United States, Europe, and Japan for its role in producing cellular energy for the heart and other muscles.<sup>1</sup> Several human clinical trials demonstrate CoQ10's effectiveness in maintenance of good heart function.<sup>2-5\*</sup>

## ANTIOXIDANT PROTECTION

A byproduct of energy production in the mitochondria is the formation of damaging free radicals. Nature has designed a molecule in CoQ10 that is remarkable because it not only assists in ATP production, it also works in concert with other antioxidants to clean up the free radicals that are produced during that process.<sup>6,7</sup> As an antioxidant, it rivals vitamins E and C.<sup>8,9</sup> In addition, CoQ10 helps to regenerate and recycle vitamin E.\*

## ALPHA LIPOIC ACID

Alpha lipoic acid is another component involved in mitochondrial energy metabolism and recycling oxidised CoQ10.<sup>10</sup> This system normally also helps to regenerate and recycle other antioxidants, including vitamins E and C and glutathione.<sup>7,11,12\*</sup>

## DO YOU NEED COQ10?

As we age, the ability to absorb and synthesise CoQ10 diminishes and the amount of CoQ10 retained in tissues decreases.<sup>13</sup> In addition, CoQ10 may be depleted by several other factors, including overall nutritional status and inadequate levels of the B vitamins, vitamin C, and selenium. Excessive exercise or environmental stresses such as illness and extreme weather may also help to lower CoQ10 levels in tissue.<sup>14-16\*</sup>

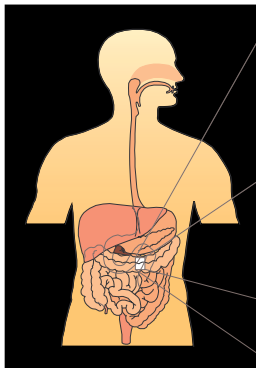
## WHY COQUINONE™ 30?

CoQUINONE 30 contains a full 30 mg of CoQ10 and 12.5 mg of alpha lipoic acid per soft gel capsule. USANA's unique formulation provides these important antioxidants in a natural mixture of lecithin and vegetable-derived glycerin monooleate in a base of medium chain triglycerides. Clinical tests performed in USANA's laboratories show that CoQUINONE 30 delivers CoQ10 in much higher quantities than from solid formulations or from competitive liquid formulations, making CoQUINONE 30 more bioavailable than other CoQ10 products.<sup>17\*</sup>

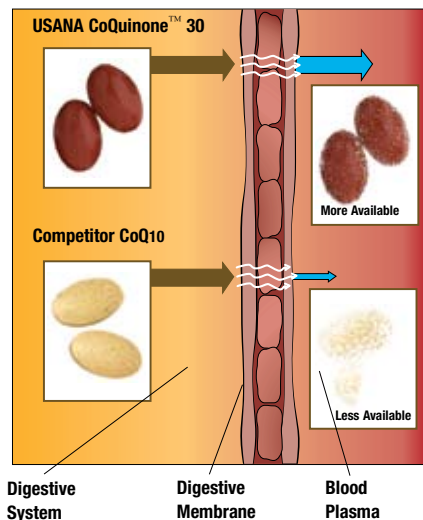
## References

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# OPTIMIZERS/CARDIOVASCULAR



USANA's CoQuinone™ 30 uses a proprietary formulation that delivers substantially more CoQ10 to the blood plasma than other competing dosage forms.



**DIRECTIONS:** TAKE ONE (1) OR TWO (2) CAPSULES PER DAY. WHEN TAKING TWO, TAKE ONE IN THE MORNING AND ONE IN THE EVENING. DO NOT EXCEED STATED RECOMMENDED DAILY DOSE.

**EACH CAPSULE CONTAINS:**

COENZYME Q10	30mg
ALPHA LIPOIC ACID	12.5mg

**INGREDIENTS:** EMULSIFIER (CAPRYLIC/CAPRIC TRIGLYCERIDES), CAPSULE SHELL (GELATINE, GLYCERINE, PURIFIED WATER, COLOURS (ANNATTO COLOUR, TITANIUM DIOXIDE)), EMULSIFIERS (SOYA LECITHIN, GLYCERYL MONOLEATE), COENZYME Q10, ALPHA LIPOIC ACID.

**ALLERGY ADVICE:** CONTAINS SOYA.

**KEEP OUT OF REACH OF YOUNG CHILDREN. CONSULT YOUR DOCTOR IF YOU ARE PREGNANT, LACTATING, TAKING A PRESCRIPTION MEDICATION, OR HAVE A KNOWN MEDICAL CONDITION. FOOD SUPPLEMENTS SHOULD NOT BE USED AS A SUBSTITUTE FOR A VARIED DIET.**

**\*These statements have not been evaluated by the Food Standards Agency. This product is not intended to diagnose, treat, cure, or prevent any disease.**