

# CoQuinone® 30

An optimal combination of Coenzyme Q10 and alpha lipoic acid

## Optimizers: Cardiovascular

### Health Basics

- Central to robust energy production within the cell\*
- Provides ingredients vital for cardiovascular health, sound muscle function, and healthy nerve function\*
- A powerful antioxidant blend

### CoQuinone 30 Difference

- Clinically proven to deliver more CoQ10 to the blood stream than competing products



ITEM# 123

The energy that every cell needs to function is produced through a complex process in the mitochondria, organelles within the cell. Within the mitochondria cells store energy in a molecule called adenosine-5-triphosphate, or ATP, which is synthesized and used by every cell in the body. Coenzyme Q10 (CoQ10) is an essential part of the electron transport chain the mitochondria use to make ATP.

CoQuinone® 30 dietary supplement 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, have 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 and protect against their damaging effects.<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 oxidized CoQ10.<sup>10</sup> This system 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 synthesize 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 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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- Cardiovascular
- Cellular Metabolic
- Skeleton/Structural
- Endocrine
- Brain/Nervous

**DIRECTIONS:** ADULTS TAKE ONE (1) OR TWO (2) CAPSULES SPREAD EVENLY THROUGHOUT THE DAY.

Supplement Facts		
Serving Size 1 Capsule		
	AMOUNT PER CAPSULE	% DV*
COENZYME Q-10	30 mg	†
ALPHA LIPOIC ACID	12.5 mg	†

\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established.

**OTHER INGREDIENTS:** MEDIUM CHAIN TRIGLYCERIDES, GELATIN, GLYCERIN MONOOLEATE, SOY LECITHIN, GLYCERIN, PURIFIED WATER, ANNATTO SEED EXTRACT, TITANIUM DIOXIDE.

**LABORATORY TESTED, QUALITY GUARANTEED. MEETS USP SPECIFICATIONS FOR POTENCY, UNIFORMITY, AND DISINTEGRATION, WHERE APPLICABLE.**

\*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.