

What is CoQ10 (CoenzymeQ10) and why is it important?

CoQ10 is a unique antioxidant that is created naturally in the body. It is found in every cell of the body and plays a key role in the production of ATP, which accounts for 95% of the human body's energy. When your body is low on CoQ10, your health and wellness may be affected. The Mayo Clinic says CoQ10 deficiency can cause symptoms like high blood pressure, chest pain, and heart failure.¹

How does CoQ10 (CoenzymeQ10) work?

On a cellular level, CoQ10 is found inside the mitochondria—the site where energy production occurs. Here, it takes on the role of an electron acceptor or donor in the chain reactions that generate energy. When oxidized, CoQ10 (in a form known as ubiquinone) accepts an electron from another molecule in the chain and becomes reduced (a form known as ubiquinol). In its reduced form, CoQ10 (ubiquinol) then donates an electron and becomes oxidized (ubiquinone). CoQ10 is essential to maintaining this state of equilibrium so that energy can easily and efficiently be produced in the cells.

Which form of CoQ10 does CoQ10+ use?

In the body, CoQ10 exists either in its oxidized form—ubiquinone, or in its reduced form—ubiquinol. The CoQ10 in *CoQ10+* is in the ubiquinone form. Regardless of what form of CoQ10 you take as a supplement, the body is able to convert CoQ10 from one form to the other as needed. In fact, both forms are effective and essential to establishing the state of equilibrium necessary in the cells to sustain energy production.

What does CoQ10+ do differently than the other Melaleuca health products??

CoQ10+ is an important part of Melaleuca's heart health supplement line. Specifically, *CoQ10+* focuses on providing the fuel and nutrition high-energy organs—like the heart—need for proper daily function. It also provides mixed tocotrienols and alpha lipoic acid to support healthy heart, nerve, and immune function.*

If I am taking ProvexCV® and/or Phytomega®, do I really need to take another heart health product (CoQ10+)?

Yes. Each of Melaleuca's heart health supplements target specific areas of heart health. While *ProvexCV* promotes nitric oxide release and supports healthy blood pressure already in a normal range, and *Phytomega* supports healthy cholesterol and triglyceride levels already in a normal range, *CoQ10+* focuses on providing the heart with the fuel it needs every day for proper function.*

What are the major health functions CoQ10+ helps support?

CoQ10+ helps support cellular energy production and endurance—nutrition that is vital to healthy nerve function. It also provides antioxidant benefits and supports healthy immune function.*

What are the ingredients in CoQ10+ and how do they help?

CoQ10+ contains a proprietary blend of CoQ10, tocotrienols, and alpha lipoic acid.

CoQ10 is a substance found in every cell of the body that is necessary for proper energy production. It is especially critical for high-energy organs such as the heart, kidneys, and liver.*

Mixed tocotrienols are a form of vitamin E. They serve as a potent natural antioxidant that clinical research shows delivers a wide range of cardiovascular benefits. Melaleuca uses tocotrienols that are formulated for optimal absorption and naturally sourced from the palm plant.*

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

Alpha Lipoic Acid (ALA) helps the body eliminate free radicals and prevent cellular damage. It also helps increase glutathione synthesis, one of the most powerful antioxidants produced by your body. But that's not all. ALA is critical in maintaining the complex network of antioxidants in the body because it helps your body regenerate CoQ10 and tocotrienols.*

What makes CoQ10+ different/better than the CoQ10 supplements I can purchase from the competition?

Unlike traditional CoQ10 supplements that provide only CoenzymeQ10, *CoQ10+* from Melaleuca has a precise ratio of CoQ10, tocotrienols and alpha lipoic acid that creates a synergistic effect in the body, providing increased protection against free radical activity and helping to support cardiovascular health. *CoQ10+* also uses a unique encapsulation technology, which offers better absorption of antioxidants in the body for free radical protection.*

Can I take more than the recommended dosage of CoQ10+ for even more benefit? What's the limit?

CoQ10+ is a nutritional supplement. Unless otherwise directed by a healthcare professional, limit your dosage to one softgel per day.

How much support or research has been done on these ingredients?

CoQ10 was first identified in 1940, and isolated for study in 1957. It has been the subject of hundreds of clinical trials and research studies since that time. Similarly, tocotrienols and alpha lipoic acid have been researched extensively over the last few decades. It is Melaleuca's practice to only use ingredients that have been thoroughly tested for both safety and efficacy.

What other lifestyle changes can I do to support my energy, heart, nerve, and immune health?

Lifestyle factors that have been shown to contribute to heart health include consuming a healthy diet daily, being physically active (moderate activity at least 45 min/day), maintaining a healthy weight, not smoking, and limiting alcohol consumption.

Why should I take the Peak Performance Heart Health pack?

Peak Performance Heart Health was specifically created for those who want to support their cardiovascular health. It builds on the clinically tested, research-supported nutrition of the *Peak Performance Pack* and optimizes it with proprietary formulas that may reduce the risk of heart disease,[†] help reduce cholesterol, maintain healthy triglyceride levels already in a normal range, and supply the essential fuel that high-energy organs—like the heart—need for proper daily function.*

Is CoQ10+ gluten-free?

Yes.

Does CoQ10+ contain any allergens?

No.

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[†] Foods and supplements containing at least 400 mg per serving of plant sterol esters, eaten twice a day with meals for a daily intake of at least 800 mg, as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. A daily serving (4 softgels) of *Phytomega* supplies 2000 mg of plant sterol esters.

[‡] Supportive but not conclusive research shows that consumption of EPA and DHA omega-3 fatty acids may reduce the risk of coronary heart disease. A daily serving (4 softgels) of *Phytomega* provides 330 mg of EPA and 220 mg of DHA omega-3 fatty acids. A daily serving (2 softgels) of *CardiOmega EPA* provides 1000 mg of EPA and 100 mg of DHA omega-3 fatty acids.

1. www.mayoclinic.org