

# CoQUINONE® 30

- Promotes a strong and healthy cardiovascular system\*
- Provides superior antioxidant protection
- Contains CoQ10 and alpha lipoic acid in a highly bioavailable formula

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. CoQ10 is an essential part of the electron transport chain used to make ATP. Thus ATP is synthesized and used by every cell in the body. Cells with the highest energy demands, such as in the heart, contain the highest levels of CoQ10. CoQ10 has been studied for years in the U.S., Europe, and Japan for its role in producing cellular energy and re-energizing the heart and other muscles.\* Several human clinical trials demonstrate maintenance of good heart function.<sup>1-4</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 cleans up the free radicals that are produced during that process.\* As an antioxidant, it rivals vitamins E and C.<sup>5,6</sup> In addition, CoQ10 helps to regenerate and recycle vitamin E and works in concert with other antioxidants to protect against the damaging effects of free radicals.<sup>7,8\*</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>9</sup> In addition, CoQ10 may be depleted by several other factors, including overall nutritional status, levels of the B vitamins, folate, vitamin C, and selenium. CoQ10 levels in tissue may also be lowered by some drugs, including the cholesterol-lowering statins, and excessive exercise or environmental stresses such as illness and extreme weather.<sup>10-12</sup> The most important dietary sources of CoQ10 are meats and fish.

### ALPHA LIPOIC ACID

Alpha lipoic acid (DHLA) is also involved in mitochondrial energy metabolism, and recycling oxidized CoQ10.<sup>13\*</sup> This system also helps to regenerate and recycle other antioxidants, including vitamins E and C<sup>14</sup> and glutathione.<sup>15</sup>

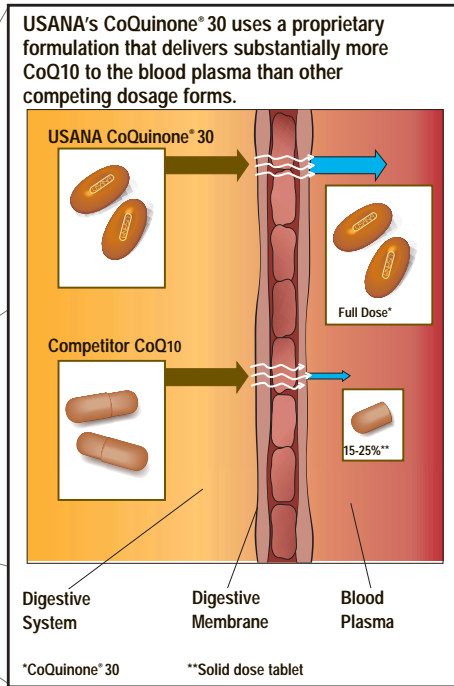
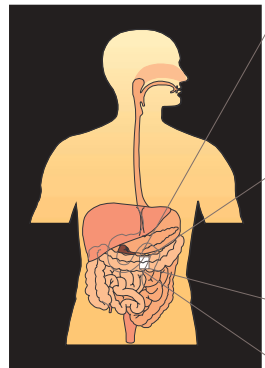
### WHY COQUINONE® 30?

USANA's commitment to quality, using only the best ingredients in the right amounts and proper formulations for optimal bioavailability and safety can be seen at its best in CoQUINONE® 30. Triple strength 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 mono-oleate in a base of medium chain triglycerides.

### BIOAVAILABILITY

Clinical tests performed in USANA's laboratories show that CoQUINONE 30 delivers CoQ10 rapidly and in much higher quantities than from solid formulations or from competitive liquid formulations.<sup>16</sup> Making CoQUINONE 30 more bioavailable than other CoQ10 products.



CoQUINONE 30 is laboratory tested, potency guaranteed. Meets USP specifications for uniformity and disintegration.

\* 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.

### References

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## 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.