



## Q-Gel® (Hydrosoluble™ CoQ<sub>10</sub>)

### INTRODUCED 2006

#### What Is It?

Q-Gel® solubilized CoQ<sub>10</sub> is natural Japanese coenzyme Q<sub>10</sub> (CoQ<sub>10</sub>) derived from microbial (yeast) fermentation, resulting in the production of the desirable trans isomer. The trans isomer is the form identical in structure to CoQ<sub>10</sub> made by the human body, allowing for optimal bioactivity. Q-Gel® CoQ<sub>10</sub> is unique in that it is both Hydrosoluble™ and Liposoluble™.\*

#### Special Features:

- The patented Bio-Solv® technology reduces the CoQ<sub>10</sub> particle size to a sub-micron range of 100-400 nm. This increases the surface area of CoQ<sub>10</sub>, enhancing its interaction with bile salts, the body's natural emulsifiers. The result is optimal micellization and absorption.\*
- Vitamin E is added to enhance solubilization.\*
- Q-Gel® is backed by five bioavailability studies.\*
- Absorption is independent of composition of meals (does not require concurrent fat intake for absorption).\*

#### Uses For Q-Gel® CoQ<sub>10</sub>

**Cardiovascular Support:** A meta-analysis involving 8 studies indicated that CoQ<sub>10</sub> supplementation promotes ventricular health. Additional research suggests its ability to maintain healthy ventricular wall thickness. A role in healthy systolic and diastolic function, heart rhythm, endothelial function, and glycemic control has also been indicated. In addition, several randomized double blind, placebo-controlled studies indicate that CoQ<sub>10</sub> promotes healthy blood flow as well as healthy lipid metabolism. Furthermore, it may help enhance exercise tolerance and moderate muscle fatigue.\*

**Cognitive and Nerve Health:** One multicenter randomized double blind placebo-controlled trial involving 80 participants revealed that CoQ<sub>10</sub> promoted cognitive, nerve and motor health, particularly at the larger dosage amounts. Another similar trial indicated that CoQ<sub>10</sub> supplementation supported functional capacity.\*

**Musculoskeletal Health:** Two double blind trials, involving individuals ranging in age from 7 to 69 years of age, suggest that healthy plasma CoQ<sub>10</sub> levels are important for muscle function. The three-month studies revealed that CoQ<sub>10</sub> supplementation promoted muscle bioenergetics and physical performance.\*

**Cellular Health:** A prospective study involving almost 250 people recently revealed that healthy plasma levels of CoQ<sub>10</sub> may be related to cell health, particularly for the skin, breast, lung and pancreas. Numerous studies further suggest a relationship between plasma CoQ<sub>10</sub> levels and cell health, attributed in large part to cell membrane antioxidant protection.\*

**Immune Health:** Preliminary but encouraging evidence suggests that CoQ<sub>10</sub> supplementation may promote immune function, supporting lymphocyte activity and healthy T4/T8 lymphocyte ratio.\*

**Oral Health:** One double blind study revealed that CoQ<sub>10</sub> promotes periodontal health, as indicated by calculus and plaque scores. Another study indicated that CoQ<sub>10</sub> supported healthy gums and promoted gingival tissue recovery.\*

**Men's Health:** Research reveals that CoQ<sub>10</sub> may promote sperm cell health. CoQ<sub>10</sub> supplementation for 6 months boosted CoQ<sub>10</sub> levels in seminal plasma and sperm cells, as well as promoted sperm cell motility.\*

#### What Is The Source?

CoQ<sub>10</sub> is produced by microbial (yeast) fermentation. There is no residual yeast in the final product. Vitamin E is derived from soy. Sorbitol is derived from corn. Polysorbate 80 is synthetic. Lecithin is derived from soy. Medium chain triglycerides are derived from palm oil.

Q-Gel® and Bio Solv® are registered trademarks of Tishcon Corp. Hydrosoluble™ and Liposoluble™ are trademarks of Tishcon Corp. Manufactured under one or more of the following U.S. Patents: 6,056,971; 6,300,377; and 6,740,338.

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

## Recommendations

Pure Encapsulations recommends 1-2 softgels per day, in divided doses, with meals.

## Are There Any Potential Side Effects Or Precautions?

Rarely, CoQ<sub>10</sub> may cause mild gastrointestinal upset, nausea, vomiting, diarrhea or constipation. If pregnant or lactating, consult your physician before taking this product.

## Are There Any Potential Drug Interactions?

CoQ<sub>10</sub> may be contraindicated for individuals taking blood thinning medication. Consult your physician for more information.

### Q-Gel® 100 (Hydrosoluble™ CoQ<sub>10</sub>)

each softgel capsule contains 22 sg  
vitamin E (d-alpha tocopheryl acetate)..... 150 i.u.  
coenzyme Q<sub>10</sub> ..... 100 mg  
Contains soy  
other ingredients: gelatin, sorbitol, glycerin, purified water, annatto seed extract (natural color) in a patented Bio Solv® base (polysorbate 80, hydroxylated soy lecithin, medium chain triglycerides).  
1-2 capsules per day, in divided doses, with meals.

### Q-Gel® 60 (Hydrosoluble™ CoQ<sub>10</sub>)

each softgel capsule contains 16 sg  
vitamin E (d-alpha tocopheryl acetate)..... 150 i.u.  
coenzyme Q<sub>10</sub> ..... 60 mg  
Contains soy  
other ingredients: gelatin, glycerin, sorbitol, purified water, titanium dioxide, annatto seed extract (natural color) in a patented Bio Solv® base (polysorbate 80, soy lecithin, triacetin, medium chain triglycerides).  
1-2 capsules per day, in divided doses, with meals.

## CoQ<sub>10</sub> Recommendations Overview

Application	Typical Dosage Range
General Health	30-60 mg/day
Cardiovascular Support	60-250 mg/day
Cognitive and Nerve Health	1200 mg/day
Musculoskeletal Health	100 mg/day
Cellular Health	90-390 mg/day
Immune Health	200 mg/day
Oral Health	50 mg/day
Cranial Vascular Health	150-300 mg/day
Skin Health	30-60 mg/day
Men's Health	200 mg/day



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