



Clinical Applications

- Support Healthy Plasma/Tissue CoQ10 levels reduced by Aging, Clinical Conditions associated with low plasma CoQ10 levels, Low Energy Syndromes, Genetic Disorders and Drugs that interfere with CoQ10 and or Energy Production
- Support for Cardiovascular Conditions e.g.: Hypertension, Heart Failure, Angina Pectoris, Arrhythmia, Acute Reperfusion Injuries and Acute Myocardial Infarction
- Support for Neuromuscular Disorders and Age Related CNS Degeneration Conditions
- Supports a Healthy Immune System
- Support for Healthy Gums

CoQ10 Nano™ is an all-natural, proprietary, patent-pending, crystal-free, solvent-free, lipid-stabilized CoQ10 shown in recent clinical trials to be over eight times more absorbable than powdered forms of CoQ10 and more than twice as bioavailable as other oil-based or so-called "Nano"-dispersed formulas. CoQ10 Nano™'s proprietary monoglyceride carrier is a patent-pending formulation unmatched for optimal utilization in the support of cardiovascular, CNS, immune and energy-based health needs.

All Vida Pura® Formulas Meet or Exceed cGMP quality Standards

Discussion

Coenzyme Q10 is a biologically active, natural vitamin-like substance belonging to a group of compounds called ubiquinones and structurally similar to vitamin K. It is present in animal protein and can be synthesized in the body; however a variety of factors may cause a CoQ10 deficiency.

From the 1970's to the mid-1990's pure crystalline (powdered) CoQ10 was the industry standard despite its poor absorption (0.6-1.0%). A variety of forms and delivery systems offering somewhat improved absorption (2.3-5%) have entered the market since 1995. However, the forms have been unstable and crystallized, a form the body cannot absorb.

CoQ10 Nano™ represents a new generation of CoQ10 supplements. Unlike any other in today's market place, it is crystal-free when examined by a light microscope. This patent-pending formulation contains three lipids to aid in dissolving CoQ10 crystals into single molecules, stabilize the formula to prevent re-crystallization and facilitate passive diffusion to enhance absorption.

A full double blind randomized clinical trial in 20 normal human volunteers with a relatively controlled diet was performed to determine the absorption and steady state bioavailability characteristics. Absorption involves several phases in the movement of CoQ10 through a portion of the digestive tract, into the lymphatics and finally into general circulation where it becomes bioavailable. Absorption is reflected by the time base changes in the amount of CoQ10 appearing in the blood plasma after the ingestion of a single known dose. Bioavailability refers to the amount of CoQ10 accumulated in the blood plasma over an extended time of taking a known constant daily dose.

Within the trial, a 36-hour absorption study showed that CoQ10 Nano™ had a total absorption 783% greater than powdered CoQ10 (11.65% vs 1.32%). The bioavailability study involved measuring blood accumulation (mg) of CoQ10 over 28 days. The 28-day steady state bioavailability for CoQ10 Nano™ was 8.86 mg compared to 1.64 mg for the dry powder standard. The relative bioavailability showed that CoQ10 Nano™ was 541% more bioavailable than the standard product. The AUC (0-28 day) was 680 mg/day compared to 120 mg/day or 463% more bioavailable than the dry powder standard.



CoQ10 Nano™ is titanium dioxide-free making the softgel transparent and permitting verification of the crystal-free claim.

Supplement Facts

Serving Size: 2 Softgels
Servings Per Container: 60

	Amount per serving	% Daily Value
CoQ10 (ubiquinone)	100 mg	**

** Daily Value not established.

Other Ingredients: Conjugated Linoleic Acid, Flaxseed Oil, Gelatin, Monoglyceride, Glycerin, Water.

Dosing:

Take one or two softgels daily or as appropriate.

Note Bioequivalent Dosing:

CoQ10 Nano™	Dry Powder	Micelle	Nano Particle
50 mg	450	150	140
100 mg	850	350	340

References

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Precautions:

Generally safe; however, insufficient research in pregnancy and lactation. May enhance effectiveness of some antihypertensives, requiring drug dose reduction. Patients on blood-thinners should be monitored.

*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.