

# CoQH-CF™ - UBIQUINOL



- Supplies the primary form of CoQ10 the body needs for greater bioavailability and utilization\*
- Enhances cellular energy production\*
- Protects against lipid peroxidation of cell membranes\*
- Supports the cardiovascular system\*
- May support energy and physical performance\*

## *Uniquely Bioavailable, Superior Absorption\**

### **CoQH-CF™: Ubiquinol**

**CoQH-CF™** is the reduced form of coenzyme Q10 (ubiquinol), and is the actual antioxidant form of coenzyme Q10. **95% of CoQ10 in the blood is ubiquinol.**

**CoQH-CF™** utilizes a *unique softgel delivery system that protects and stabilizes the content, efficiently helping to maintain adequate ubiquinol levels in those whose ability to produce or convert it has been hindered by oxidative stress.\**

Studies have shown that ubiquinol increases CoQ10 blood levels several times more efficiently than CoQ10 (ubiquinone).\* Individuals taking 300 mg/

*Ubiquinol raises CoQ10 plasma levels faster and higher than regular CoQ10 (ubiquinone), even at much lower dosages.*

day of ubiquinol for 4 weeks reached a markedly high value of 8.413 umol/L, an 11 fold increase over baseline.\* Based upon recently published absorption studies, 150 mg/day of ubiquinol would provide virtually the same blood levels of CoQ10 as 1200 mg of enhanced delivery ubiquinone CoQ10.\*

### **Dramatic Anti-aging Properties:**

Research has shown that ubiquinol is 40% more effective than conventional CoQ10 in slowing aging markers in middle aged senescence-accelerated mice and over 50% more effective than no supplementation at all.\*

**Allergy Research Group®**  
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# COQH-CF™

## Enhanced Cardiovascular Effects:

After being on regular 450 mg/day CoQ10, one Stage IV heart failure patient started on the same amount of ubiquinol. In three months his ejection fraction more than doubled and his CoQ10 plasma concentration increased from 1.6 ug/mL to 6.4 ug/mL. As one researcher said: "This single case represents very striking improvements that I have not seen in 25 years of practice."

Solubilized ubiquinol is a very well absorbed form of CoQ10. A unique softgel delivery system protects and stabilizes the content. The formula contains D-limonene oil (from oranges) for crystal-free solubilization. Minute amounts of capric and caprylic acids are added to help keep the alpha-lipoic acid completely dissolved.

## COQH-CF™

**Item # 76070**  
**60 Softgels**

Serving Size: 1 Softgel  
Servings Per Container: 60

### Amount per serving:

Ubiquinol QH (Reduced CoQ10) ..... 100 mg

Other Ingredients: D-Limonene oil, gelatin, glycerin, water, caprylic acid, capric acid, alpha-lipoic acid, caramel liquid.

### Suggested use:

As a dietary supplement, 1 softgel one to three times daily with meals, or as directed by a healthcare practitioner.



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