

Co-Q10 Products



(Coenzyme Q10)

- The Ultimate Antioxidant For Cardiovascular Protection
- Highest Absorption With Q-absorb™ - Clinically Proven
- Supports Mitochondrial Function

placebo-controlled, crossover clinical trial. It demonstrated that **Jarrow FORMULAS® Q-absorb™** improves endothelial function in patients with ischemic heart disease and heart failure. This research was presented at the 3rd Annual International Co-Q10 Conference held in London at the end of 2003. **Q-absorb™** administration resulted in significant elevations in plasma Co-Q10 averaging a remarkable 3.7 mcg/mL plasma, peripheral arterial dilation, and an increase in peak VO2 (volume of oxygen consumed). The co-administration of **Q-absorb™** and exercise therapy resulted in the greatest gains, with endothelial dysfunction being almost normalized. More recently, scientists from the Lancisi Heart Institute and the University of Ancona further investigated the effects of Jarrow Formulas® **Q-absorb™** on chronic heart failure patients. In the study, 100 mg of Co-Q10 from **Q-absorb™** was given at each meal of the day, an approach that is superior to taking all 300 mg at one time. Patients showed improved heart functional capacity, enhanced endothelial-dependent vasodilation and a tripling of plasma Co-Q10 levels. It is believed by the researchers that the primary effect of Co-Q10 in this study may have been its SOD (superoxide dismutase) mimetic effect that, by scavenging the superoxide radical, spared the subjects' nitric oxide (NO) levels. NO plays a critical role in endothelial relaxation and capillary dilation. Results were presented at the annual meeting of the American Heart Association held November 9-12, 2003 in Orlando, Florida. This research did not utilize ordinary Co-Q10. It was **Q-absorb™** that was used to demonstrate that "Coenzyme Q10 potentiates the effect of exercise training on the endothelium-dependent relaxation of the brachial artery in chronic heart failure." (Belardinelli R, et al. American Heart Association Supplement to Circulation. October 28, 2003. Vol.108 (17), pg. 739.)

In summary, Co-Q10 is:

- 1) An extremely important link in electron translocation that takes place in the mitochondria of the cells for the process of producing energy
- 2) An important coenzyme involved in maintaining membrane flexibility
- 3) An important dietary antioxidant
- 4) A promising anti-aging nutrient for longevity, etc.

Jarrow FORMULAS® Q-absorb™ employs a completely natural liposome lipid soluble delivery system clinically shown to increase Co-Q10 levels 150% of baseline within two weeks and to achieve results that are at least 28% higher than

are realized with dry Co-Q10 capsules. Results within 30 days are more than 400% of baseline. **Q-absorb™** reduces the amount of supplemental Co-Q10 required to raise blood levels and it reduces the time required to see effects. Greater empirical results with **Jarrow FORMULAS® Q-absorb™** translate into greater customer satisfaction.

The recommended daily dosage is 50 to 100 mg per day for individuals without any clinical conditions. With a clinical condition, such as congestive heart failure, the recommended dose based upon Jarrow Formulas funded clinical research is 150 and 300 mg per day. Take 1 or more capsules/softgels per day with food, or as directed by your qualified health consultant.

Available Jarrow FORMULAS®

Coenzyme Q10

30 mg	60 Capsules
30 mg	150 Capsules
60 mg	60 Capsules
100 mg	60 Capsules
200 mg	30 Capsules
200 mg	60 Capsules

Q-absorb™ (oil-base absorption)

30 mg	60 Softgels
30 mg	120 Softgels
100 mg	30 Softgels
100 mg	60 Softgels

Chewable Q + Creatine

60 mg	60 Tablets
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* 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.

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