

*CoQ10
activates
energy
production
within all cells*

*CoQ10 acts
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*The body uses
CoQ10 for
metabolic
processes*

Adults recommended usage is 30-100 mg/day, because individual needs can vary, it's crucial to consult with a healthcare provider before starting any CoQ10 supplementation. Remember that CoQ10 is fat-soluble, so it's best absorbed when taken with food containing fat. People typically can't get enough CoQ10 through whole foods to reach the optimal dosage, so supplements are a good choice.

CoQ10 Association

What is CoQ10?

Coenzyme Q10 is the spark plug that ignites the body's engine by jump-starting energy production within all cells. The body then uses is present in every cell of that cellular energy to fuel vital biological processes. CoQ10 is present in every cell of your body, and it is essential for sustaining a wide range of healthy biological functions.

CoQ10's Role in Energy Metabolism

One of CoQ10's pivotal roles in the body is energy metabolism. The major part of cellular ATP (energy) production happens within the inner membrane of the mitochondria, the powerhouse of the cell. CoQ10 is a critical component of the electron transfer chain in mitochondrial respiration. Due to the vital role CoQ10 plays in the production of cellular energy, even small changes in CoQ10 levels within the mitochondria may lead to declining energy levels and suppressed stamina. CoQ10 may help to recharge your natural energy levels.

CoQ10's Role in Heart Health

CoQ10 is found throughout the body. However, the primary stores are found within the body's most important muscle, your heart. The heart requires tremendous amounts of energy to function properly, and CoQ10 plays a key role in producing enough ATP (energy) to support the heart's requirements.

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