

## Product Information Sheet

Please read this leaflet carefully because it contains some important information for you.

### What is in Nature's Best CoQ10 100mg?

CoQ10 100mg is a food supplement.

This pack contains 6 blister strips of 20 capsules.

Each small black capsule provides the following:

Co-Enzyme Q10: 100mg (Ubiquinone)

Other ingredients: Sunflower Seed Oil, Capsule Shell (Gelatin, Glycerin, Colour: Iron Oxide), Sunflower Lecithin, Glyceryl Monostearate.

### What is CoQ10?

Coenzyme Q10 is also known as ubiquinone, a name that comes from the word ubiquitous, which means "found everywhere". Indeed CoQ10 is found in every cell in the body and it plays an essential role in the mitochondria, the part of the cell that produce energy from glucose and fatty acids. Almost 95% of our total energy is produced in this way and our body uses it to power its metabolism, and drive muscles. Therefore, those parts of the body with the highest energy requirements have the highest CoQ10 concentrations.

### Where does the body get CoQ10?

Our bodies manufacture the vast majority of the CoQ10 it requires itself and so in theory there should be very little reliance on food as a source of CoQ10. However as we age the body's ability to manufacture CoQ10 may decline and so a dietary source may become useful, but few foods provide any meaningful amounts of CoQ10 with the average western diet providing just 3 to 6mg. This fact has been a major contributor to the widespread use of CoQ10 supplements around the world.

### Other factors that reduce the amount of CoQ10 made by the body

The biochemical pathways used by the body to manufacture CoQ10 involves the production of an intermediary compound called mevalonate as one of the many steps. This specific step is also used by the body to make cholesterol and is the step that is targeted by the cholesterol lowering medicines called statins. So when statins are being used to lower cholesterol there is a side effect of inhibiting the production of CoQ10. Research has shown that statins may in fact reduce the amount of CoQ10 circulating in the blood. However you should not stop taking statins because of this and you should talk to your doctor before making any changes to statins, or any medicines, that you have been prescribed. CoQ10 supplements can be taken in conjunction with statins but should never replace statins or any other medicine you are taking.

### What are CoQ10 supplements used for?

Because of its role in the production of energy within the cells CoQ10 has been used as an 'energy booster' and as an aid to weight control. The scientific evidence for both of these uses is not strong and often contradictory.

CoQ10 has also been used by people concerned about heart health. This is largely because the high concentration of CoQ10 in the heart indicates its importance in the normal functioning of the heart and some studies have contributed to this theory. However CoQ10 should **never** be used in place of medical treatments and if you have any history of heart health problems or have any

worries about your heart health then you should see your doctor to discuss treatment options.

### Information about Nature's Best CoQ10 100mg

The CoQ10 in this product is described as 'natural source' as it is produced in a fermentation process after which it is purified and concentrated. CoQ10 is soluble in oil which is why Nature's Best presents it dissolved in vegetable oil as this is known to help increase the amount of CoQ10 that can be absorbed from the digestive system. The oil based CoQ10 preparation is preserved by being encased in a soft capsule shell.

The capsules are made in a UK factory which follows Good Manufacturing Practice (GMP) and is licensed for the production of medicines.

### Who can take this product?

This product can be taken by all adults but is not suitable for women who are pregnant or breast feeding.

### How much CoQ10 do I take?

The recommended daily intake for this product is one capsule per day which will provide 100mg of CoQ10. This is currently our highest level of intake, not because of safety (up to 1200mg is considered safe), but simply because we believe that this intake is sufficient for most situations. Nature's Best also produces capsules providing 30mg and 200mg.

### Cautions

Do not take this product if you are pregnant or breast feeding.

### KEEP AWAY FROM CHILDREN

### Side effects, safety

Millions of people take CoQ10 every day and this plus the evidence from clinical studies indicates that CoQ10 is safe at the dose levels provided by this product. There are no cautions requested by the Department of Health for the labelling of CoQ10 products.

Two studies have indicated that CoQ10 may reduce blood sugar levels in people with diabetes although a further trial failed to show this. On the face of it a reduction in blood sugar levels for this group might be seen as beneficial but it does raise the risk that blood sugar levels could be pushed too low. Therefore if you have diabetes it would be sensible to track your blood sugar levels carefully when you first start taking CoQ10 and you should keep your doctor informed of all the supplements you are taking.

### Interactions with medicines

CoQ10 can be taken alongside medicines but it is advisable to check any patient information leaflets of any prescribed medicines and inform your doctor of any supplements you are taking.

### How this product should be stored

Store in a cool dry place.

Do not use after the best before date (BBE) shown on the pack.

If you would like further information about this product please contact: Nature's Best, Century Place, Tunbridge Wells, Kent TN2 3BE. Tel: 01892 552175. [www.naturesbest.co.uk](http://www.naturesbest.co.uk)