Doctor's BEST®

Science-Based Nutrition™

High Absorption CoQ10 and Best CoQ10

Naturally Fermented Pharmaceutical Grade

High Absorption CoQ10

100mg, 30 Softgels

Ingredients per softgel:
Vitamin E (as d-alpha tocopherol).....33 IU
Coenzyme Q10 .....100 mg
Bioperine® .....5 mg
Excipients: Olive oil (non-GMO), lecithin, softgel capsule (gelatin), glycerin, purified water, annatto (natural plant-source coloring agent used as a light barrier).
Suggested Use: As a dietary supplement, take 1 softgel daily with food.

100mg, 60 Softgels

Ingredients per softgel:
Vitamin E (as d-alpha tocopherol).....33 IU
Coenzyme Q10 .....100 mg
Bioperine® .....5 mg
Excipients: Olive oil (non-GMO), lecithin, softgel capsule (gelatin), glycerin, purified water, annatto (natural plant-source coloring agent used as a light barrier).
Suggested Use: As a dietary supplement, take 1 softgel daily with food.

100mg, 120 Softgels

Ingredients per softgel:
Vitamin E (as d-alpha tocopherol).....33 IU
Coenzyme Q10 .....100 mg
Bioperine® .....5 mg
Excipients: Olive oil (non-GMO), lecithin, softgel capsule (gelatin), glycerin, purified water, annatto (natural plant-source coloring agent used as a light barrier).
Suggested Use: As a dietary supplement, take 1 softgel daily with food.

100mg, 30 Veggie Caps*

Ingredients per vegetarian capsule:
Coenzyme Q10 .....100 mg
Bioperine® .....5 mg
Excipients: rice powder, modified cellulose (veggie cap), magnesium stearate (vegetable source).
Suggested Adult Use: Take 1 capsule daily with food.
For maximum absorption, take with a fat-containing meal.

100mg, 60 Veggie Caps*

Ingredients per vegetarian capsule:
Coenzyme Q10 .....100 mg
Bioperine® .....5 mg
Excipients: rice powder, modified cellulose (veggie cap), magnesium stearate (vegetable source).
Suggested Adult Use: Take 1 capsule daily with food.
For maximum absorption, take with a fat-containing meal.

100mg, 120 Veggie Caps*

Ingredients per vegetarian capsule:
Coenzyme Q10 .....100 mg
Bioperine® .....5 mg
Excipients: rice powder, modified cellulose (veggie cap), magnesium stearate (vegetable source).
Suggested Adult Use: Take 1 capsule daily with food.
For maximum absorption, take with a fat-containing meal.

200mg, 60 Veggie Caps*

Ingredients per vegetarian capsule:
Coenzyme Q10 .....200 mg
Bioperine® .....5 mg
Excipients: rice powder, modified cellulose (veggie cap), magnesium stearate (vegetable source).
Suggested Adult Use: Take 1 capsule daily with food.
For maximum absorption, take with a fat-containing meal.

400mg, 60 Veggie Caps*

Ingredients per vegetarian capsule:
Coenzyme Q10 .....400 mg
Bioperine® .....5 mg
Excipients: modified cellulose (veggie cap), rice powder, magnesium stearate (vegetable source).
Suggested Adult Use: Take 1 capsule daily with food.
For maximum absorption, take with a fat-containing meal.

**All Veggie Cap products suitable for vegatarians.*



Best CoQ10

30mg, 60 Softgels

Ingredients per softgel:
Vitamin E (as d-alpha tocopherol) .....5 IU
Coenzyme Q10 .....30 mg
Excipients: Rice bran oil, gelatin, soy lecithin, glycerin, yellow beeswax, titaniumdioxide (color), annatto (color).
Suggested Adult Use: Take two softgels daily, or as recommended by a healthcare practitioner. May be taken with or without food.

100mg, 30 Softgels

Ingredients per softgel:
Vitamin E (as d-alpha tocopherol) .....5 IU
Coenzyme Q10 .....100 mg
Excipients: Rice bran oil, gelatin, soy lecithin, glycerin, yellow beeswax, titaniumdioxide (color), annatto (color).
Suggested Adult Use: Take one softgel daily, or as recommended by a healthcare practitioner. May be taken with or without food.

100mg, 60 Softgels

Ingredients per softgel:
Vitamin E (as d-alpha tocopherol) .....5 IU
Coenzyme Q10 .....100 mg
Excipients: Rice bran oil, gelatin, soy lecithin, glycerin, yellow beeswax, titaniumdioxide (color), annatto (color).
Suggested Adult Use: Take one softgel daily, or as recommended by a healthcare practitioner. May be taken with or without food.



Ingredients

High Absorption CoQ10 and Best CoQ10 contain pure, vegetarian source Coenzyme Q10 in a base of rice powder, plus High Absorption CoQ10 contains Bioperine®, an herbal extract that enhances CoQ10 absorption.

Benefits

Boosts Cellular Energy Production*

Coenzyme Q10 is a vitamin-like nutrient found in the human body. Essential to life, CoQ10 works at the cellular level to produce metabolic energy in the form of ATP.*[1,2] CoQ10 serves as a vital link in the "electron transport chain," which is the final step in the production of ATP inside cells.

Lacking adequate CoQ10, cells become energy-deficient. When cells are nourished with optimal levels of CoQ10, tissues, organs and systems function optimally.

Strengthens and Protects the Heart*

The heart is the hardest-working muscle in the body. Because of its high energy requirements, the heart needs to be well supplied with CoQ10 at all times. The body's highest concentration of CoQ10 occurs in heart muscle tissue. (Heart muscle cells contain large numbers of mitochondria.) Numerous clinical studies have demonstrated significant improvements in heart function with oral administration of CoQ10.[3,4,5]

Supports Immune Function*

When the immune system goes into battle for us, immune cells need large amounts of energy to carry out their defensive functions. CoQ10 is required for this energy to be available. Experimental research on animals has shown that CoQ10 enhances immune functions such as the activity of phagocytes, and antibody production.* Age-related immune suppression has been observed in mice given CoQ10.[6]

Antioxidant Protection

CoQ10 is a versatile antioxidant.* The reduced form of CoQ10, ubiquinol-10, has been found to protect LDL

Continued on reverse side

against peroxidation by freeradicals more effectively than vitamin E.* CoQ10 stabilizes membranes, thus protecting them from free-radical damage.[7,8,9]*

Benefits the Gums*

A number of studies have shown that CoQ10 supports repair of gingival (gum) tissue. Gingival tissues in people with periodontal disease have been found deficient in CoQ10. In several double-blind clinical trials, oral administration of CoQ10 has resulted in significant improvements.[10,11]

Many Clinical Benefits

Research studies and clinical reports suggest CoQ10 has a broad range of applications stemming from its ability to support the heart and cardiovascular system, the immune system, cellular energy production, liver function, nerves, and muscles.*

CoQ10 — Vitamin E's Partner

In vitro studies suggest CoQ10 in combination with vitamin E protects LDL cholesterol from oxidation more effectively than vitamin E alone. Protecting LDL from being oxidized by free radicals is now thought to be important for cardiovascular health.[9,12]

Bioperine® — A Bioavailability-Enhancing Phytonutrient

Bioperine® is a natural extract derived from black pepper that enhances nutrient absorption.* Preliminary trials on humans have shown significant increases in the absorption of nutrients consumed along with Bioperine®. In a recent study (publication pending), the administration of 5 mg of Bioperine® together with 120 mg of CoQ10 per day resulted in a 32% increase in CoQ10 absorption after 21 days.[13] (This is especially important for individuals who have impaired absorption of fat-soluble nutrients such as CoQ10.)

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Scientific References

1. Folkers, K., Wolaniuk, A. Progress in biomedical and clinical research on coenzyme Q10. *Drugs Exptl. Clin. Res*. 1984; X(7):513-517.

2. Lenaz, G., et. al. The essentially of coenzyme Q for bioenergetics and clinical medicine. *Drugs Exptl. Clin. Res*. 1985; XI(8):547-556.

3. Morisco, C., Trimarco, B., Condorelli, M. Effect of coenzyme Q10 therapy in patients with congestive heart failure: a long-term multicenter randomized study. *Clin. Investig.* 1993; 71:S134-S136.

4. Mortensen, S.A., Vadhanavikit, S., Muratsu, K., Folkers, K. Coenzyme Q10: clinical benefits with biochemical correlates suggesting a scientific breakthrough in the management of chronic heart failure. *Int. J. Tiss Reac*. 1990; XII(3):155-62.

5. Poggesi, L., et. al. Effect of coenzyme Q10 on left ventricular function in patients with dilative cardiomyopathy. *Current Therapeutic Research* 1991; 49(5):878-886.

6. Folkers, K., Wolaniuk, A. Research on coenzyme Q10 in clinical medicine and in immunomodulation. *Drugs Exptl. Clin. Res*. 1985; XI(8):539-545.

7. Littarru, G.P., et. al. In vitro effect of different ubiquinones on the scavenging of biologically generated O_2. *Drugs Exptl. Clin. Res*. 1985; XI(8):529-532.

8. Littarru, G.P. Lippa, S. Coenzyme Q and antioxidant activity: facts and perspectives. *Drugs Exptl. Clin. Res*. 1984; X(7):491-96.

9. Stocker, R., Bowry, V.W., Frei, B. Ubiquinol-10 protects human low density lipoprotein more efficiently against lipid peroxidation than does alpha-tocopherol. *Proc. Natl. Acad. Sci.* 1991; 88:1646-1650.

10. Hansen, I., Iwamoto, Y., Kishi, T., Folkers, K. Bioenergetics in clinical medicine. IX. Gingival and leucocyte deficiencies of coenzyme Q10 in patients with periodontal disease. *Research Communications in Chemical Pathology and Pharmacology* 1976; 14:729-738.

11. Wilkinson, E. Arnold, R., Folkers, K. Treatment of Periodontal and Other Soft Tissue Diseases of the Oral Cavity with Coenzyme Q (in) *Biomedical and Clinical Aspects of Coenzyme Q* 1977; 1:251-266. K. Folkers and Y. Yamaura, eds., Elsevier Science Publishing Co., N.Y.

12. Thomas, S., Neuzil, J., Stocker, R. Cosupplementation with coenzyme Q prevents the prooxidant effect of alpha-tocopherol and increases the resistance of LDL to transition metal dependant oxidation initiation. *Arteriosclerosis, Thrombosis and Vascular Biology* 1996; 16(5):687-96.

13. Badmaev, V., Majeed, M. Comparison of Coenzyme Q10 (CoQ10) bioavailability when ingested alone and in combination with Bioperine®. Sabinsa Corporation Research Report. 1996 (unpublished).

14. Badmaev, V., Majeed, M., Prakash L. Peprine derived from black pepper increases the plasma levels of coenzyme Q10 following oral supplementation. J Nutr Biochecm. 2000 Feb;11(2):109-13.

DRB • 1120 Calle Cordillera • Suite 101, San Clemente, CA 92673
phone 800-333-6977 • fax: 949-498-3952
website: www.drbvitamins.com
©Doctor's Best, Inc., Revised 1/08

High Absorption CoQ10 contains pure, vegetarian coenzyme Q10, plus Bioperine®. CoQ10 is a nutrient that supports heart function and promotes energy production in cells.* Bioperine®, an herbal extract derived from black pepper fruit, promotes absorption of nutrients in the GI tract.* Preliminary studies have shown that Bioperine® increases CoQ10 absorption.*

***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.**

Distributed by: **Doctor's Best, Inc.**
1120 Calle Cordillera, Suite 101, San Clemente, CA 92673
(800) 777-2474
www.drbvitamins.com

7 53950 00054 4

Doctor's BEST®

Science-Based Nutrition™

*SUPPORTS HEART FUNCTION, ENERGY PRODUCTION IN CELLS **

High Absorption CoQ10

Dietary Supplement with BIOPERINE®

USP/Fermented

100mg / 30 Veggie Caps

Supplement Facts

Serving Size 1 capsule
Servings per container 30 servings

	Amount per serving	% Daily Value
Coenzyme Q10	100 mg	†
Black pepper ext. (fruit)(Bioperine®)	5 mg	†

† Daily Value not established.

USP PHARMACEUTICAL GRADE. FERMENTED.

Other ingredients: rice powder, modified cellulose (vegetarian capsule), magnesium stearate (vegetable source).

Suggested Use: As a dietary supplement, take 1 capsule daily with food. For maximum absorption, take with a fat-containing meal.

The black pepper fruit extract used in this product is Bioperine,® a patented standardized extract containing 95% piperine from Sabinsa Corp.

CONTAINS NOTHING OTHER THAN LISTED INGREDIENTS