LifeExtension℠ Print This

Super-Absorbable CoQ10™ with *d*-Limonene
100 mg, 100 softgels
Item Catalog Number: 910

The mitochondria are the cell's energy powerhouses, and coenzyme Q10 (CoQ10) is an essential component of healthy mitochondrial function.2

CoQ10 is required to convert fats and sugars into cellular energy, yet the natural production of CoQ10 declines precipitously with advancing age.3 When the body has an ample amount of CoQ10 the mitochondria can work most efficiently throughout the entire body, in cells everywhere, including the most densely populated area, the heart.4

When coenzyme Q10 is orally ingested, only a certain percentage is actually absorbed into the bloodstream. Findings in human subjects indicate that higher doses of CoQ10 provide significantly better effects than the doses that supplement users typically take. Since CoQ10 is such an expensive nutrient, an alternative to taking higher doses is to increase the amount of CoQ10 that is absorbed.

Life Extension has developed an enhanced delivery system that significantly increases the amount of coenzyme Q10 absorbed in the bloodstream. A 30-mg, 50-mg, or 100-mg capsule of Super-Absorbable CoQ10™ with d-Limonene provides superior assimilation of CoQ10 into the bloodstream. Life Extension uses a naturally extracted, cold-pressed orange oil to yield d-Limonene, a citrus extract that has been shown to help maintain healthy DNA structure.* By delivering more CoQ10 into the blood, Super-Absorbable CoQ10™ with d-Limonene drastically reduces the cost per milligram for consumers.

For those who want to take very high doses of CoQ10, a 200-milligram softgel capsule of the Super-Absorbable CoQ10™ is also available.

References

Based on an increasing volume of published scientific findings, it appears that higher intake of CoQ10 is desirable.20-27 The good news is that the patent-pending emulsification technology used in Super-Absorbable CoQ10™ with *d*-Limonene has been shown to significantly increase blood levels of coenzyme Q10 compared to previous versions.LEF STUDY This means that taking 100 mg of this emulsified CoQ10 supplement provides the body with what used to take a lot more coenzyme Q10 to achieve. For those seeking the benefits of higher doses, this product provides ultimate absorption for no more money than the previous CoQ10 version.

Without adequate coenzyme Q10, the ability of cells to utilize energy substrates declines precipitously. The end result is the development of multiple disorders characteristic of normal aging.

Coenzyme Q10 is incorporated into the mitochondria of cells throughout the body where it facilitates and regulates the transformation of fats and sugars into energy. A large body of scientific evidence shows that CoQ10's ability to restore mitochondrial function has a profound effect on one's overall health.28*

As people age, their natural synthesis of CoQ10 slowly declines. When people take "statin" cholesterol lowering drugs, CoQ10 synthesis can be reduced even further.29,30

With the availability of this highly absorbable coenzyme Q10, it becomes much more affordable to supplement with greater doses. For those seeking the higher doses now being recommended by more scientists, one of the new emulsified 100 mg capsules would provide an efficient and economic method of increasing blood levels of coenzyme Q10. There is also 200-milligram strength of this new enhanced emulsified CoQ10 for those seeking maximum blood levels.

Supplement Facts

Serving Size 1 softgel	
Servings Per Container 100	
Amount Per Serving	
Coenzyme Q10	100 mg
Cold-Pressed Orange (*Citrus sinensis*) Oil extract (peel) [standardized to 90% *d*-Limonene (100 mg)]	111 mg

Other ingredients: softgel (gelatin, water, glycerin), oleic acid, ethyl oleate NF, polysorbate 80, DL-alpha tocopherol, rosemary extract.

This product contains NO wheat, gluten, soy, corn, or dairy. Contains NO sugar, artificial sweeteners, flavors, colors, or preservatives.

Dosage and Use

- Take one softgel daily for those over age 30, not exceeding eight softgels daily.
- For the most efficient absorption, take softgel(s) with water after a meal.
- Because this product is best utilized in a warm internal environment, do not take with cold foods or liquids.

Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please inform your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

Related Keywords

Heart, Cardiovascular, *d*-Limonene