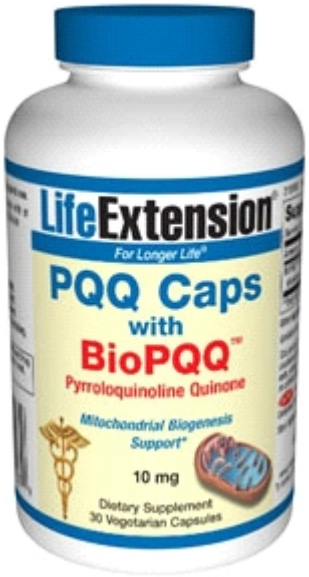
LifeExtension®



PQQ Caps with BioPQQ™

10 mg 30 vegetarian capsules

Willner Chemists Product Number: **59678**

Mitochondria are the cellular energy generators that supply virtually all the power your body requires for a healthy life span. An abundance of published studies underscores the critical importance of the ***mitochondria*** to overall health, especially as we age.[50-54,58-60] Energy-intensive organs like the heart and brain are *dense* with mitochondria. Until recently, the only natural ways for aging individuals to increase the number of mitochondria in their bodies were long-term calorie restriction or exhaustive physical activity—which are difficult or impractical for most people to implement. **PQQ** offers a viable alternative.

The enormous amount of energy generated within the mitochondria exposes them to constant free radical attack. The resulting ***mitochondrial decay*** is a hallmark of aging. PQQ protects and augments delicate mitochondrial structures to promote *youthful* cellular function in **three** distinct ways:

- **Antioxidant power**. Like CoQ10, **PQQ** is a highly potent antioxidant. Its extraordinary molecular stability enables it to facilitate thousands of biochemical reactions in the mitochondria without breaking down, for maximum antioxidant and bioenergetic support.[11]
- **Favorably modulates gene expression**. PQQ activates *genes* that promote formation of new mitochondria[10]—and beneficially interacts with genes directly involved in mitochondrial health. These same genes also support **healthy body weight**, normal **fat** and **sugar metabolism**, and **youthful cellular proliferation**.[12]
- **Mitochondrial defense.** Mitochondria possess their *own* DNA, distinct from the DNA contained in the nucleus. Unfortunately, compared to nuclear DNA, mitochondrial DNA are relatively unprotected. PQQ's antioxidant potency and favorable gene expression profile act to support mitochondrial defense.

PQQ is an **essential nutrient**, meaning that your body cannot make it on its own. A growing body of research indicates that PQQ's unique nutritional profile supports heart health and cognitive function—alone and in combination with CoQ10.[61,62] This comes as no surprise, given how much energy these vital organs need.

Research shows that **PQQ** supports **heart cell function** in the presence of free radicals and promotes blood flow in the heart muscle.[63] When taken in combination with **CoQ10**, just **20 mg per day** of **PQQ** has been shown to promote **memory, attention, and cognition** in maturing individuals.[64]

Life Extension has identified a purified, highly potent form of PQQ from Japan that is produced through a unique fermentation process. The result is BioPQQ™, the highest quality PQQ available on the market today.

References

Supplement Facts

Serving Size 1 vegetarian capsule
Servings Per Container 30

Amount Per Serving	
BioPQQ™ Pyrroloquinoline quinone disodium salt	10 mg

Other ingredients: rice bran, vegetable cellulose (capsule), silica.

BioPQQ™ is a trademark of MGC (Japan).

Dosage and Use

- Take one capsule once or twice daily with or without food, or as recommended by a

healthcare practitioner.

Warnings

- KEEP OUT OF REACH OF CHILDREN.
- DO NOT EXCEED RECOMMENDED DOSE.
- Do not purchase if outer seal is broken or damaged.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

To report a serious adverse event or obtain product information, contact 1-866-280-2852.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

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