

What's in my CoQ10?



by Squires & Dallstream



Many customers ask why there are other ingredients in TyH's co-enzyme Q10 (CoQ10) products. CoQ10 (ubiquinone) wears many hats in the nutrient family. One of CoQ10's major functions is as an antioxidant, quenching free radicals that impact aging and disease. The second is its ability to energize the mitochondria in cells to support muscle and organs – particularly that of the heart where the majority of CoQ10 in the body is found.

What is ubiquinol? Before the body can use CoQ10, it must first convert the ubiquinone form to ubiquinol. This more readily bioavailable form benefits those who cannot easily convert CoQ10 such as the elderly or those with fibromyalgia, diabetes or liver disease.

Each of the ingredients in TyH's CoQ10 and ubiquinol formulas provide a complementary role to that of CoQ10. Some will be in a *therapeutic* level, meaning enough to make a health claim of its own. Others add a *synergistic boost*, or more of a group than a solo benefit. Either way, these “bonus” nutrients offer you extra for your nutrient dollars. Plus, all fat soluble nutrients (d-limonene, E, lecithin, omega-3) aid CoQ10 absorption since CoQ10 is also fat soluble.



We've put together a chart of the ingredients in TyH's CoQ10 line-up and an explanation of the advantages of each. By offering you a choice of formulas, you are sure to find one that meets your needs and optimizes your health outcome. If you still have questions, give us a call; we're here to help!

TyH PRODUCT	CODE	BONUS INGREDIENTS HELPS	T/B
CoQ10 50 mg w/Vitamin E 30 IU & Selenium 70 mcg	159	E is antioxidant vitamin Selenium is an antioxidant mineral Both fight oxidative stress & cell damage	B T
CoQ10 60 mg w/Omega-3 Fish Oil EPA 250 mg, DHA 25 mg, Soy Lecithin 200 mg & Vit E 10 IU	173	Omega-3 fish oil supports healthy cholesterol, inflammatory response Lecithin aids fat & cholesterol transport in the blood Vitamin E fights oxidative damage as antioxidant	B T B
CoQ10 100 mg w/Hawthorn Berry 400 mg	157	Hawthorn strengthens blood vessels to support normal blood pressure, blood flow, vein varicosities, angina; an antioxidant herb	T
CoQ10 100 mg w/Vitamin E 30 IU	160	 Mixed tocopherols are highly active form of the antioxidant Vitamin E; protects against cholesterol oxidation (plaque)	B
CoQ10 400 mg w/Vitamin E 30 IU & Lecithin 35 mg	405	Vitamin E and Lecithin work together to help protect the nervous system and brain function	B
Fibro-Ubiquinol w/d-Limonene 	415	Fat soluble d-limonene acts as both antioxidant and anti-inflammatory agent; helps nerves relax	B

T = Therapeutic B = Synergistic Boost

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