



Co Enzyme Q-10



WHAT IS IT?

This fat soluble co-enzyme is the most important co-enzyme for humans. It functions as an antioxidant and is often taken to help support the immune system and is involved in the release of energy within our cells and widely used for various cardiac conditions.

KEY BENEFITS

Co-Enzyme Q10 is involved in the body's metabolic processes, particularly in the release of energy from food. This is especially useful for both elderly people with lower energy levels and athletes in training. Co Q10 has also been shown to possess antioxidant qualities and is therefore of benefit to those exposed to pollution and stressful lifestyles.

EACH TABLET PROVIDES

	Typical Weight
Co Enzyme Q10	30mg

DIRECTIONS FOR USE

12 Years and above - Take one capsule daily with food.

INGREDIENTS

Soya Bean Oil, Capsule shell (Modified Starch, Glycerol, Carageenan, Disodium Phosphate, colour: Iron Oxides), Vegetable Fat (Sunflower Lecithin), Beeswax, Coenzyme Q10, Soya Lecithin.

WARNINGS

Contains Soya

CAUTION

Do not exceed stated dose.

Food supplements should not be used as a substitute for a varied diet and healthy lifestyle.

Check that the inner seal is intact before first use.

Keep out of sight and reach of children.

Store in a cool dry place.

If you are unable to find our products in a store near you contact us on 01756 792 600, or order online at [Omega4](#)

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