



Q-Gel® (Hydrosoluble™ CoQ₁₀)

What Is It?

Q-Gel® solubilized CoQ₁₀ is natural Japanese coenzyme Q₁₀ (CoQ₁₀) derived from microbial (yeast) fermentation, resulting in the production of the desirable trans isomer. The trans isomer is the form identical in structure to CoQ₁₀ made by the human body, allowing for optimal bioactivity. Q-Gel® CoQ₁₀ is unique in that it is both Hydrosoluble™ and Liposoluble™.*

Special Features:

- The patented Bio-Solv® technology reduces the CoQ₁₀ particle size to a sub-micron range of 100-400 nm. This increases the surface area of CoQ₁₀, enhancing its interaction with bile salts, the body's natural emulsifiers. The result is optimal micellization and absorption.*
- Vitamin E is added to enhance solubilization.*
- Q-Gel® is backed by five bioavailability studies.*
- Absorption is independent of composition of meals (does not require concurrent fat intake for absorption).*

Uses For Q-Gel® CoQ₁₀

Cardiovascular Support: A meta-analysis involving 8 studies indicated that CoQ₁₀ supplementation promotes ventricular health. Additional research suggests its ability to maintain healthy ventricular wall thickness. A role in healthy systolic and diastolic function, heart rhythm, endothelial function, and glycemic control has also been indicated. In addition, several randomized double blind, placebo-controlled studies indicate that CoQ₁₀ promotes healthy blood flow as well as healthy lipid metabolism. Furthermore, it may help enhance exercise tolerance and moderate muscle fatigue.*

Cognitive and Nerve Health: One multicenter randomized double blind placebo-controlled trial involving 80 participants revealed that CoQ₁₀ promoted cognitive, nerve and motor health, particularly at the larger dosage amounts. Another similar trial indicated that CoQ₁₀ supplementation supported functional capacity.*

Musculoskeletal Health: Two double blind trials, involving individuals ranging in age from 7 to 69 years of age, suggest that healthy plasma CoQ₁₀ levels are important for muscle function. The three-month studies revealed that CoQ₁₀ supplementation promoted muscle bioenergetics and physical performance.*

Cellular Health: A prospective study involving almost 250 people recently revealed that healthy plasma levels of CoQ₁₀ may be related to cell health, particularly for the skin, breast, lung and pancreas. Numerous studies further suggest a relationship between plasma CoQ₁₀ levels and cell health, attributed in large part to cell membrane antioxidant protection.*

Immune Health: Preliminary but encouraging evidence suggests that CoQ₁₀ supplementation may promote immune function, supporting lymphocyte activity and healthy T4/T8 lymphocyte ratio.*

Oral Health: One double blind study revealed that CoQ₁₀ promotes periodontal health, as indicated by calculus and plaque scores. Another study indicated that CoQ₁₀ supported healthy gums and promoted gingival tissue recovery.*

Men's Health: Research reveals that CoQ₁₀ may promote sperm cell health. CoQ₁₀ supplementation for 6 months boosted CoQ₁₀ levels in seminal plasma and sperm cells, as well as promoted sperm cell motility.*

What Is The Source?

CoQ₁₀ is produced by microbial (yeast) fermentation. There is no residual yeast in the final product. Vitamin E is derived from soy. Sorbitol is derived from corn. Polysorbate 80 is synthetic. Lecithin is derived from soy. Medium chain triglycerides are derived from palm oil.

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*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

of Tishcon Corp. Manufactured under one or more of the following U.S. Patents: 6,056,971; 6,300,377; and 6,740,338.

Recommendations

Pure Encapsulations recommends 1-2 softgels per day, in divided doses, with meals.

Are There Any Potential Side Effects Or Precautions?

Rarely, CoQ₁₀ may cause mild gastrointestinal upset, nausea, vomiting, diarrhea or constipation. If pregnant or lactating, consult your physician before taking this product.

Are There Any Potential Drug Interactions?

CoQ₁₀ may be contraindicated for individuals taking blood thinning medication. Consult your physician for more information.

Q-Gel® 100 (Hydrosoluble™ CoQ₁₀)

each softgel capsule contains

vitamin E (d-alpha tocopheryl acetate).....150 i.u.
 coenzyme Q₁₀.....100 mg.
 Contains soy
 other ingredients: gelatin, sorbitol, glycerin, purified water, annatto seed extract (natural color) in a patented Bio Solv® base (polysorbate 80, hydroxylated soy lecithin, medium chain triglycerides).
1–2 capsules per day, in divided doses, with meals.

Q-Gel® 60 (Hydrosoluble™ CoQ₁₀)

each softgel capsule contains

vitamin E (d-alpha tocopheryl acetate).....150 i.u.
 coenzyme Q₁₀.....60 mg.
 Contains soy
 other ingredients: gelatin, sorbitol, glycerin, purified water, annatto seed extract (natural color) in a patented Bio Solv® base (polysorbate 80, hydroxylated soy lecithin, medium chain triglycerides).
1–2 capsules per day, in divided doses, with meals.

CoQ₁₀ Recommendations Overview

Application	Typical Dosage Range
General Health	30–60 mg/day
Cardiovascular Support	60–250 mg/day
Cognitive and Nerve Health	1200 mg/day
Musculoskeletal Health	100 mg/day
Cellular Health	90–390 mg/day
Immune Health	200 mg/day
Oral Health	50 mg/day
Cranial Vascular Health	150-300 mg/day
Skin Health	30–60 mg/day
Men’s Health	200 mg/day