

Coenzyme Q10 30 mg 60 Tablets

EAN: 5055148400132 FABRICANTE: LAMBERTS



Coenzyme Q10 Lamberts is a food supplement based on Vegetable Oil for greater Absorption and therefore, to give more energy.

DESCRIPTION

Co-Enzyme Q10 (CoQ10), also known as ubiquinone because of its ubiquitous (everywhere) presence, was discovered in humans by Dr Len Mervyn, who was a consultant to Lamberts Healthcare, in 1955 while he was researching the biochemical changes caused by kidney disease. His work was published in 1958.

CoQ10 is a vitamin-like substance found within the mitochondria of every cell in the body. Mitochondria are responsible for extracting approximately 50% of the total energy contained in the foods we consume.

It is therefore not surprising to find the highest concentrations of CoQ10 in those organs that have higher energy needs, such as the heart muscle and liver, as well as in tissues that regenerate rapidly, such as the gums.

CoQ10 is found in foods, especially organ meats, but processing and cooking methods tend to destroy it. Although the body can manufacture it, this production decreases with age.

While CoQ10 can be synthesized in the body, production decreases as we age. In fact, lack of energy in older people may, in part, be related to a lower production of CoQ10 in the body.

Additionally, statins (used to lower cholesterol) have also been shown to reduce CoQ10 levels in the body.

Natural CoQ10, the form used in most studies, is used and is presented in a vegetable oil base to aid absorption. This product is endorsed by one of the first researchers to discover CoQ10 and is manufactured in the UK under strict pharmaceutical GMP manufacturing standards.

CoQ10 is currently widely consumed in Japan, where it is one of the six most consumed nutritional supplements.

Black soft capsule.

Each capsule provides:

Co-Enzyme Q10 (Ubiquinone) 30 mg



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Allergen note

The following list of allergens are excluded: wheat, gluten, barley, soya, eggs, milk and dairy products, lactose, nuts, sulphites, celery, fish, shellfish and yeast.

Precautions

This product is not recommended for pregnant or breastfeeding women.

Instructions for use

Take 1 to 3 capsules daily.

Do not exceed the expressly recommended daily dose.

