

## Co-enzyme Q10 200mg 30 Capsules

EAN: 8436583691113    FABRICANTE: NATURBITE



*Coenzyme Q10 is a cellular antioxidant, effective in neurodegenerative diseases, such as Parkinson's disease and in disorders of cellular energy metabolism.*

### DESCRIPTION

#### What is Coenzyme Q10 and what is it for?

Coenzyme Q10 is a vitamin-like substance used in the treatment of various disorders mainly related to suboptimal cellular energy metabolism and oxidative damage. There are studies that reveal the efficacy of Coenzyme Q10 in degenerative disorders such as Parkinson's disease and in some encetalomyopathies. Coenzyme Q10 is a safe food supplement with very few side effects. The interaction of Coenzyme Q10 with other medications is very small.

#### What are the properties of Coenzyme Q10?

Antioxidant.

Stabilizes and fluidizes membranes, improving blood flow to the heart muscle.

It can block cell death in some circumstances by inhibiting the release of caspase-3.

Treatment with CoQ10 can act by influencing the fiber type composition towards a younger fiber: that is, it has an effect on tissue metabolism.

It is important in some cases of obesity.

In neurodegenerative diseases it has been shown to increase brain mitochondrial concentrations and exerts a neuroprotective effect. It seems that diseases such as familial or Friedrich's ataxia show a deficiency in CoQ10.

#### What is the dosage of Coenzyme Q10 Naturbite?

It is recommended to take one capsule a day, accompanied by a glass of water.

#### What is the composition of Naturbite Coenzyme Q10?

One capsule contains: 260 mg Flax Oil (Olea Europea), 200 mg Coenzyme Q10, Emulsifiers (Sunflower Lecithin, Softisan), Anti-caking Agent (Yellow Beeswax), Coating (Gelatin, Glycerin), Colors (Iron Oxide black and red)

