

Co-Q10 with MCT 30 Capsules

EAN: 5060003593652 FABRICANTE: VIRIDIAN



Co-Q10 & MCT is a mixture that combines coenzyme Q10 with medium chain triglycerides. The latter, derived from coconut oil, contribute to the absorption of Co-Q10. This product contains 100% active ingredients and has been developed by nutrition specialists.

DESCRIPTION

What is Co-Q10 with MCT from Viridian and what is it for?

Coenzyme Q10 is produced naturally in the body and is found in the mitochondria of all cells. Organs with the highest energy demands, such as the heart, liver, kidneys and lungs, have the highest concentration of CoQ10. As we age, our production of Co-Q10 decreases, but we can increase its intake through diet or supplements, found in foods such as fatty fish, broccoli, cauliflower, oranges, strawberries and peanuts.

CoQ10 is lipophilic, meaning it has an affinity for fats. Therefore, in this formulation it is combined with medium chain triglycerides (MCT) from coconut oil, which help in its absorption.

This supplement contains 100% active ingredients, developed by nutrition experts, without artificial additives or harmful components. Following strict ethical standards, no animal testing is performed, no genetically modified organisms or palm oil are used.

What are the ingredients in Viridian's Co-Q10 with MCT?

1 Capsule	Weight
MCT (Medium Chain Tryglycerides from coconut oil)	100mg
Co-Q10 (Ubiquinone)	30mg
In a base of Alfalfa and Spirulina and Bilberry	
Plant cellulose capsule	

What is the recommended daily dose of Viridian's Co-Q10 with MCT?

Take 1 to 3 capsules daily with food. Do not exceed the indicated dose unless recommended by a doctor.

