

# SUPER Q<sub>10</sub> *takes* COENZYME Q<sub>10</sub> *to a* NEW LEVEL

“Did you know that coenzyme Q<sub>10</sub>, is used in all the cells in our bodies? It plays a vital role in creating cellular energy—the energy of life itself.”

Two leading authors of health newsletters, Dr. David Williams (“Alternatives”) and Dr. Stephen Sinatra (“HeartSense”), have been recommending CoQ<sub>10</sub> for decades. And Dr. Karl Folkers, winner of the Priestley Medal for his work on CoQ<sub>10</sub>, has declared, “We know today that CoQ<sub>10</sub> is essential for life to exist.”

According to Dr. Williams, although taking individual antioxidants is certainly beneficial, science shows that “combining these with phytonutrient complexes provides a broader spectrum of antioxidant protection.” And what are these phytonutrient complexes?

The carotenoid family is an excellent example of a phytonutrient complex. Dr. Williams recommends *blue-green algae* as one of the richest known sources of carotenoids. Wild-source algae (unlike *spirulina*, for example) is also an excellent trace mineral source. In addition, Dr. Williams recommends small amounts of the carotenoids *lutein* and *lycopene*.

Of equal importance is that the coenzyme Q<sub>10</sub> and carotenoids are in an oil base. In one study, individuals taking a softgel capsule of CoQ<sub>10</sub> had basal blood levels of CoQ<sub>10</sub> more than *two times higher* than those who took the capsule form.



## IMPORTANT FACTS

- CoQ<sub>10</sub> levels are critical to all cells, particularly in the cardiovascular system
- Common manufacturing processes, such as the refining of grains, can remove most of the CoQ<sub>10</sub> present in our foods
- CoQ<sub>10</sub> levels tend to decrease with age
- Stressful environmental and lifestyle factors can also deplete the body's supply CoQ<sub>10</sub>
- CoQ<sub>10</sub> performs as a cellular antioxidant and recharger of vitamin E

**Extensive research confirms that this amazing nutrient boosts energy at the cellular level, counteracts free radical damage, supports strenuous physical activity, helps maintain the health of teeth and gums, is vital to the health of the cardiovascular and immune systems, and assists in proper weight maintenance.\***

## **How does Simplexity's Super Q10 stack up?**

- Each softgel contains 30 mg of highest quality coenzyme Q10, in a base of *organic* flaxseed oil, one of the richest sources of valuable omega-3 essential fatty acids.
- The formula contains the full spectrum of carotenoids found naturally within the marine algae *Dunaliella salina*, including lutein and lycopene, as well as alpha-carotene, beta-carotene, zeaxanthin, and cryptoxanthin. A serving (2 softgels) provides a whopping 82% of the daily requirement of vitamin A, in the ideal form of beta-carotene.
- The world's finest wild-source, mineral-rich whole food Super Blue Green® Algae empowers every serving of Super Q10!
- Super Q10 contains the organic essential oils of rosemary, fennel, ginger, and cinnamon, known for their beneficial action on the digestive system and for their antioxidant properties.

### **Sources:**

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\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



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