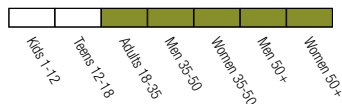




ITEM# 142
AUST L 166747

CoQuinone™ & CoQuinone 100™



The energy that every cell needs to function is produced through a complex process in the mitochondria, an organelle within the cell, often called the cellular powerhouse. Cells store energy in a molecule called adenosine-5-triphosphate, or ATP. CoQ10 is an essential part of the electron transport chain used to make ATP. Thus ATP is synthesised and used by every cell in the body. Cells with the highest energy demands, such as in the heart, contain the highest levels of CoQ10. CoQ10 has been studied for years in the U.S., Europe, and Japan for its role in producing cellular energy and re-energising the heart and other muscles. Several human clinical trials demonstrate maintenance of good heart function.¹⁴

Antioxidant Protection

A byproduct of energy production in the mitochondria is the formation of damaging free radicals. Nature has designed a molecule in CoQ10 that is remarkable because it not only assists in ATP production, it also cleans up the free radicals that are produced during that process. As an antioxidant, it rivals vitamins E and C.⁵⁶ In addition, CoQ10 helps to regenerate and recycle vitamin E and works in concert with other antioxidants to protect against the damaging effects of free radicals.⁷⁸

Do You Need CoQ10?

As we age, the ability to absorb and synthesise CoQ10 diminishes and the amount of CoQ10 retained in tissues decreases.⁹ In addition, CoQ10 may be depleted by several other factors, including overall nutritional status. CoQ10 levels in tissue may also be lowered by some drugs, including the cholesterol-lowering statins, and excessive exercise or environmental stresses such as illness and extreme weather.^{60,62} The most important dietary sources of CoQ10 are meats and fish.

Alpha Lipoic Acid

Alpha lipoic acid is another component involved in mitochondrial energy metabolism and recycling oxidised CoQ10.⁶ This system also helps to regenerate and recycle other antioxidants, including vitamins E and C¹⁴ and glutathione.⁶⁸

Why CoQuinone™ & CoQuinone 100™?

USANA's commitment to quality, using only the best ingredients in the right amounts and proper formulations for optimal bioavailability, can be seen at its best in CoQuinone™. CoQuinone contains a full 30 mg of CoQ10 and 12.5 mg of alpha lipoic acid per soft gel capsule. Regular strength CoQuinone contains 30mg of CoQ10 while CoQuinone 100 is over triple the strength, containing 100mg of CoQ10 per capsule. USANA's unique formulation provides these important antioxidants in a natural mixture of lecithin, and vegetable-derived glycerin monooleate in a base of medium chain triglycerides.

Bioavailability

Clinical tests performed in USANA's laboratories show that CoQuinone delivers CoQ10 in much higher quantities than from solid formulations or from competitive liquid formulations,⁶⁶ making CoQuinone more bioavailable than other CoQ10 products.

CoQuinone & CoQuinone 100 are laboratory tested, potency guaranteed. Meets British Pharmacopoeia specifications for uniformity and disintegration.

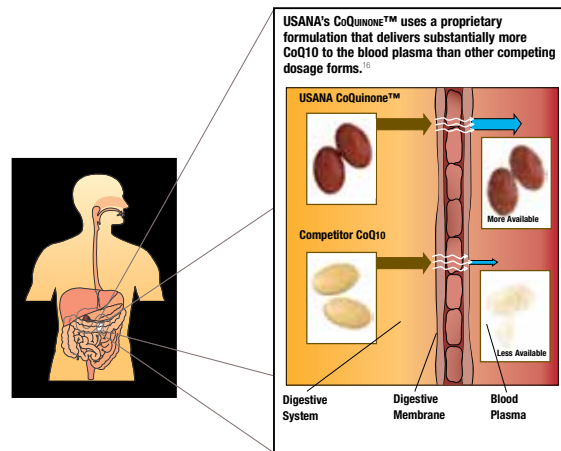
Using CoQuinone™ & CoQuinone 100™

Take one (1) or two (2) CoQuinone capsules daily, preferably with meals.

EACH CAPSULE CONTAINS:	
UBIDECARENONE (COENZYME Q-10)	30 mg
R,S-ALPHA-LIPOIC ACID	12.5 mg

Take one (1) CoQuinone 100 capsule daily, preferably with meals.

EACH CAPSULE CONTAINS:	
UBIDECARENONE (COENZYME Q-10)	100 mg
R,S-ALPHA LIPOIC ACID	40 mg



References

- Langsjoen PH, Langsjoen AM, Biofactors, 1999; 9:273-84.
- Soja AM, Mortensen, SA, Ugeskr Laeger, 1997; 159:7302-08.
- Satta A, et al, Clin Ther, 1991; 13:754-57.
- Kamikawa T, et al, Am J Cardiol, 1985; 56:247-51.
- Alleva R, et al, Mol Aspects Med, 1997; 81 Suppl:S105-12.
- Kontush A, et al, Biochim Biophys Acta, 1995; 1258:177-87.
- Littaru GP, Battino M, Folkers K, In Cardenas E and Packer L (eds) Handbook of Antioxidants, Marcel Dekker New York, 1996 Pp. 203-39.
- Kagan VE, Nohl H, Quinn PJ, In Cardenas E and Packer L (eds) Handbook of Antioxidants, Marcel Dekker; New York, 1996 Pp. 157-201.
- Kalen A, Appelkvist EL, Dallner G, Lipids, 1989; 24:579-84.
- Aberg F, et al, Eur J Clin Invest, 1998; 28:235-42.
- Mortensen SA, et al, Mol Aspects Med, 1997; 18 Suppl:S137-44.
- Palomaki A, Malmiemi K, Mets-Ketela T, FEBS Lett, 1997; 410:254-58.
- Nohl H, Gille L, Z Naturforsch [C], 1998; 53:250-53.
- Kagan VE, et al, J Lipid Res, 1992; 33:385-97.
- Bast A, Haenen GR, Biochim Biophys Acta, 1988; 963:558-61.
- Cuomo J, Rabovsky A, Clinical Research Bulletin, Usana Health Sciences, 2000. <http://www.usana.com/bin/5CRB.pdf>

Do not take while on warfarin therapy without medical advice.

Vitamin supplements should not replace a balanced diet.

USE ONLY AS DIRECTED. ALWAYS READ THE LABEL.

USANA
HEALTH SCIENCES



Optimizers
Micronutrition

CoQuinone™ & CoQuinone 100™

- Supports normal healthy heart function
- Provides superior antioxidant protection
- Contains CoQ10 and alpha lipoic acid in a highly bioavailable formula



ITEM# 123
AUST L 92552

www.usana.com 25