SUGGESTED USE

Consume one or more capsules daily or as recommended by a health care professional. For best results, take this product with food containing a small amount of fat. As with any dietary supplement, this product is most effective as part of a healthy diet and active lifestyle, along with a daily multi-vitamin-mineral formula. For answers to questions about the use of this product, call 800.808.7311.

Andrew Lessman’s COENZYME Q-10 200 is more than an exceptional source of the finest natural CoQ10. It also provides the benefits of the world’s most sophisticated high potency B-Complex supplement. No other B-Complex contains our unique absorption-protected Methylcobalamin (Natural Coenzyme Vitamin B12), as well as our proprietary form of metabolically active Folic Acid (Methyl Folate). Our CoQ10 also includes the equivalent of a high potency Vitamin C supplement with 300 mg of non-acidic Vitamin C. CoQ10 is required for all energy production and for life itself. In fact, because CoQ10 must be present in all living cells, its chemical name is Ubiquinone from the word “ubiquitous” meaning present everywhere. CoQ10 becomes even more vital as we age, since CoQ10 levels decline rapidly with age, stress, physical activity, poor diet, health issues and many medications such as cholesterol-lowering drugs.

All cells require CoQ10 for all energy production and it is not surprising that the highest concentrations of CoQ10 are found in the body’s hardest working organs (Heart, Brain, Liver, Kidneys and Pancreas). The ability of our most vital organs to constantly create abundant energy defines our health. This formula ensures CoQ10’s ability to promote optimum energy production and cellular protection by also including our unsurpassed, high potency B-Complex formula with our non-acidic Vitamin C. The result is the most uniquely comprehensive and effective CoQ10 formula available anywhere.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.