

DAILY CoQ10TM

FOOD COMPOUND VITAMIN

RightFoodsTM created a CoQ10 Food Compound Vitamin by including complementary whole herb extracts revered as nourishing tonics targeted to support cardiovascular health.

BENEFITS OF CoQ10

Coenzyme Q10 (CoQ10) is an essential component of the mitochondria, the energy-producing units of cells, where it has a vital role in ATP production. Studies have shown CoQ10 to be an effective nutritional supplement to promote heart and cellular health, due to the mechanism of its actions in the body. CoQ10 exhibits potent antioxidant properties within cells and cellular membranes. As an antioxidant, CoQ10 has a direct role in inhibiting the oxidation of important membrane lipids and of LDL-cholesterol. LDL-cholesterol oxidation is believed to be a primary factor in the decline of cardiovascular health. CoQ10 supplementation has been shown to reduce lipid oxidation, and therefore promote heart and cellular health. The heart is also one of the most metabolically active organs in the body. As an active organ, the heart has an increased demand for ATP production, and thus an increased demand for CoQ10. Several studies have demonstrated a strong correlation between the severity of heart disease and severity of CoQ10 deficiency in the body¹. In addition to promoting heart health, it has been observed that CoQ10 supplementation also improves a patient's overall health and well-being. CoQ10 supplementation is also known to help improve capillary flow to the gums and therefore promote dental health.

TARGETED WHOLE HERBS

To further enhance cardiovascular health and function, RightFoodsTM formulated a **Daily CoQ10 Food Compound Vitamin** by including two complementary herbs, both revered for their innate ability to support and promote cardiovascular health.

Hawthorne Berry has a well-established reputation as a mild heart tonic. Research has shown Hawthorne to have three major effects on the heart. First, Hawthorne helps to improve circulation, which also helps to improve oxygen flow directly to the heart. Secondly, Hawthorne helps to dilate coronary arteries and vessels, which in turn helps to maintain a healthy blood pressure. Thirdly, Hawthorne has been shown to help strengthen the heart's pumping ability. Because of these combined cardiac benefits, it is now one of the most prescribed heart remedies in Europe. The evidence for Hawthorne Berry's efficacy and safety is significant, especially given its lengthy history of use.



Eleuthero Root is an adaptogenic herb that can be safely used to help balance and normalize all health systems of the body. RightFoodsTM included Eleuthero root in its CoQ10 formula, for Eleuthero's ability to help support the health of the cardiovascular system and to help support the body's ability to respond to stress. The calming actions attributed to Eleuthero helps to reduce irritability and nervous tension that overtime may contribute to a decline in cardiovascular health. Research has demonstrated a beneficial effect on the modulation of blood pressure and cholesterol levels, which are key factors in promoting cardiovascular health. Eleuthero is also recognized as a circulatory stimulant and vasodilator². In addition, Eleuthero has been widely used to help increase energy levels and help eliminate fatigue.

RightFoodsTM exclusively uses **Complete Active RangeTM** whole herb extracts that, unlike many other types of herb extracts, contain after extraction all of the health-promoting compounds each herb contained



Supplement Facts

Serving Size 1 Tablet

Amount per Serving	% Daily Value ▼
Co-Enzyme Q-10	15 mg **
Hawthorn Berry 1:1 (Polyphenols, from 66 mg*)	66 mg **
Eleuthero Root 5:1 (Ginsenosides, from 20 mg*)	20 mg **
Hydroponic Wheat Sprout Complex	20 mg **
Rice Bran	530 mg **

Other Ingredients: Cellulose, Vegetable Lubricant, Silica, Food Glaze, Guar Gum.

*Herb extract with potency up to 50 times their actual weight.

**Daily Value not established.

Supplement Facts

Serving Size 1 Tablet

Amount per Serving	% Daily Value ▼
Co-Enzyme Q-10	100 mg **
Hawthorn Berry 1:1 (Polyphenols, from 66 mg*)	66 mg **
Eleuthero Root 5:1 (Ginsenosides, from 20 mg*)	20 mg **
Hydroponic Wheat Sprout Complex	20 mg **
Rice Bran	832 mg **

Other Ingredients: Cellulose, Vegetable Lubricant, Silica, Food Glaze, Guar Gum.

*Herb extract with potency up to 50 times their actual weight.

**Daily Value not established.

before extraction. Whole herbs are considered tonics for the body. Tonics are herbs that help to strengthen and enliven either a specific organ, or system, or the whole body. Tonic herbs are very gentle, and are safe to be taken on a daily basis.

WHY SUPPLEMENT WITH CoQ10

Although CoQ10 is produced in the body, and is present in every cell, it is beneficial to supplement since levels in the body diminish with age. A CoQ10 deficiency can also result from impaired CoQ10 production caused by poor diet, genetic or acquired defects, or increased tissue needs. Heart and associated maladies, including unhealthy cholesterol levels or blood pressure, may also increase tissue demand for CoQ10.

RightFoods™ provides CoQ10 in two different dosages, 15 mg and 100 mg to suit an individual's nutritional needs. To maintain healthy levels of CoQ10 and promote overall wellness, one to two servings of Daily CoQ10 is the recommended dosage. For those individuals with an increased physiological need for CoQ10, the CoQ10 100 mg dosage is recommended. Please consult with your health care professional before taking higher dosages.

Recommended usage of Daily CoQ10, 15 mg: To promote well-being and support heart health, take one to two tablets daily, or as recommended by a health care professional.

Recommended usage of 100 mg: One tablet daily, or as recommended by a health care professional.

If you are using medication, it is prudent to consult with your health care professional before starting Coenzyme Q10 supplementation. For optimal results, take in conjunction with a RightFoods™ Food Compound Vitamin such as: Complete Life™, Senior's Daily™, One Daily™, Men's Daily™ or Women's Daily™.

References

1. PDR For Nutritional Supplements p. 104 First Edition 2001 Medical Economics Company, Inc.
2. Gale Encyclopedia of Alternative Medicine. Gale Group, 2001. Judith Turner.
3. The New Holistic Herbal. Element Books Limited, 1990. David Hoffmann.

All of RightFoods™ products are FREE from
Corn, Dairy, Wheat, and Yeast.
Formulated WITHOUT Artificial Colors, Flavors, Sugars, or
Preservatives.

Free of GMOs based on average analysis.
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