Peel Here
for more information

PROTOCOL
FOR LIFE BALANCE™

CoQ10
60 mg
with Omega-3 Fish Oil

- Reduce Risk of Heart Disease†
- Promotes Cellular Energy*

10% of profits donated for health research

GMP

90 Softgels
A Dietary Supplement

Supplement Facts

Serving Size 1 Softgel

	Amount Per Serving	% Daily Value
Calories	5	
Calories from Fat	5	
Total Fat	0.6 g	< 1%*
Trans Fat	0 g	†
Vitamin E (as d-alpha Tocopherol)	10 IU	35%
Coenzyme Q_{10} (CoQ_{10})	**60 mg**	†
Natural Fish Oil Concentrate	**250 mg**	†
Omega-3 Fatty Acids	75 mg	†
Eicosapentaenoic Acid (EPA)	40 mg	†
Docosahexaenoic Acid (DHA)	25 mg	†
Other Omega-3 Fatty Acids	10 mg	†
Soy Lecithin	200 mg	†

* Percent Daily Values are based on a 2,000 calorie diet. † Daily Value not established.

Other Ingredients: Gelatin, Fish Skin, Glycerin, Water, Beeswax, Carob and Annatto Extract.

Manufactured by NHG, P.O. Box 2203, Sparks, NV 89431

Made in the U.S.A. www.protocolforlife.com

The natural fish oil concentrate used in this softgel is primarily derived from sardines, anchovies and mackerel. Contains no sugar, salt, starch, yeast, wheat, gluten, corn, milk, egg or preservatives. Does not contain PEG.

CoQ_{10} is 100% natural all-trans form.

SUGGESTED USAGE: As a dietary supplement, take 1 softgel 1 to 2 times daily with meals. For intensive use, take 180-1200 mg daily under the supervision of a health care practitioner.

Coenzyme Q_{10}, also called ubiquinone, is present in almost all cells, where it is necessary for mitochondrial energy production.* The body's highest concentrations of Coenzyme Q_{10} (CoQ_{10}) are found in the heart, where constant chemical energy availability is imperative. In addition to its benefits for cardiac function through energy production, CoQ_{10} also functions as a powerful fat soluble antioxidant, providing protection against free radical attack for vascular structures, as well as for other tissues.*

***These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.**

† Consumption of Omega-3 fatty acids may reduce the risk of coronary heart disease. FDA evaluated the data and determined that, although there is scientific evidence supporting the claim, the evidence is not conclusive.

The natural fish oil concentrate used in this softgel is tested to be free of potentially harmful levels of contaminants (i.e. mercury, heavy metals, PCB's, dioxins, and other contaminants).

Contains no titanium dioxide. Separation and color variation in the softgel is natural and doesn't affect product quality.

Do Not Eat Freshness Packet. Keep in Bottle.

Store in a cool, dry place. Please Recycle.

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CODE P3163

CoEnzyme Q_{10} (CoQ_{10}) is a fat-soluble vitamin-like substance found in all cell membranes of the body. It is vital to assist the production of energy by allowing the mitochondria to convert digested food within the cell.*

Although CoQ_{10} is found naturally in the human body, especially in heart and liver cells, low levels of CoQ10 have been found in a wide variety of animal and human subjects during clinical studies. It is believed that as we get older our ability to produce CoQ_{10} decreases.

CoQ_{10} works as an antioxidant.* An antioxidant protects cells from chemicals known as free radicals (which can damage important parts of cells). Because of its antioxidant properties, CoQ_{10} is widely recognized for its potential impact on heart health.*

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Cautions and Interactions

CoQ_{10} may reduce the anticoagulant effect of warfarin. In addition, CoQ_{10} may interact with certain blood pressure medication, including diltiazem, metoprolol, enalapril, and nitrate. Statin medications have been shown to decrease CoQ_{10} levels in the body and CoQ_{10} supplementation may be beneficial when taking these drugs.*

Guaranteed Quality

This is an FDA-regulated dietary supplement that is produced in an FDA- and third party-inspected facility. We are certified for producing dietary supplements and USDA Organic products using Good Manufacturing Practices (GMP). All ingredients are quality tested to meet or exceed specifications. Our quality team goes above and beyond standard quality control to ensure the safety and efficacy of this supplement. We utilize advanced analytical and microbiological testing methods, with capabilities that are state-of-the-art and exceed basic lab requirements.

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This product contains an Ageless® anti-oxygen packet to enhance protection during storage.