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CODE  
P3145

**SUGGESTED USAGE:** As a dietary supplement, take 1 softgel twice daily, preferably with food. For intensive use, take 4 to 6 softgels daily under the supervision of your healthcare practitioner.

**HOW IT WORKS:** Ubiquinol CoQH-CF™ contains the "reduced" form of Coenzyme Q<sub>10</sub> (CoQ<sub>10</sub>) called CoQH, which has been shown in scientific studies to be a more bioavailable antioxidant form. Ubiquinol is the primary form of the compound in circulation. CoQH is a powerful fat-soluble antioxidant providing protection against free radical attack on vascular structures, the brain and neurons.\* Ubiquinol protects membrane phospholipids and serum low-density lipoprotein from lipid peroxidation, and protects mitochondrial membrane proteins and DNA from free radical induced oxidative damage.\* Ubiquinol regenerates oxidized vitamin E.\* The addition of d-Limonene to this product naturally improves its solubility, enhancing intestinal absorption and providing superior biological value.\*

**CAUTIONS/INTERACTIONS:** Ubiquinol has been demonstrated to be well-tolerated and safe at intakes up to 900 mg / day. However, no trials have been conducted to determine safety during pregnancy and lactation. The most common side effect with excessive intake is GI-tract distress. For more information on this product go to [www.protocolforlife.com/P3145](http://www.protocolforlife.com/P3145).



**PROTOCOL**  
FOR LIFE BALANCE™

# Ubiquinol CoQH-CF™

- Cardiovascular Support\*
- Higher Bioavailability
- Active Antioxidant Form Of CoQ<sub>10</sub>

**60 Softgels**

A Dietary Supplement



## Supplement Facts

Serving Size 1 Softgel

### Amount Per Serving

Ubiquinol (Kaneka QH®) (Reduced Form CoQ<sub>10</sub>) 50 mg\*

\* Daily Value not established.

Other Ingredients: Softgel Capsule (gelatin, glycerin, water, natural caramel color), d-Limonene, Caprylic Acid, Capric Acid and Alpha Lipoic Acid.

Manufactured by NHG, P.O. Box 2203, Sparks, NV 89431, U.S.A. Contains no sugar, salt, starch, yeast, wheat, gluten, corn, soy, milk, egg, shellfish, polysorbates, preservatives or titanium dioxide. Protocol for Life Balance™ CoQ<sub>10</sub> products contain only the 100% natural, all-trans form of CoQ<sub>10</sub> produced by fermentation.

CoQH-CF™ is a trademark of Soft Gel Technologies, Inc. Kaneka QH® and the Kaneka QH® logo are registered trademarks of Kaneka Corporation.

This bottle contains an Agless® oxygen absorbing packet to ensure freshness. Do not eat Packet. Store in a cool, dry place. Please Recycle.

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