

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 or oil. This product is most effective as part of a healthy diet and active lifestyle, along with one of **ANDREW LESSMAN'S** multi-vitamin-mineral formulas. Of course, given its role in energy production, we always recommend our **TruQ10** be taken with a high-potency B-Complex vitamin, including high levels of Vitamin B-12 that have been protected for oral absorption. **For answers to questions about the use of this product, call 800.808.7311.**

THIS PRODUCT IS
ONLY AVAILABLE FROM



800.944.9999
WWW.HSN.COM



800.800.1200
PROCAPSLABS.COM

TRUQ10-QH UBIQUINOL 100

100 MG ALL NATURAL COENZYME Q-10
CELLULAR ENERGY AND PROTECTION



240 Easy-to-Swallow Capsules

Andrew Lessman's TruQ10-QH provides 100 mg of Ubiquinol (QH) or as we prefer to call it – **TruQ10**. It is only subtly different from standard CoQ10 (Ubiquinone), but it is recognized as the “active” natural form of CoQ10. For almost 30 years, **Andrew Lessman** has been the unquestioned leader in educating the world about the benefits of CoQ10 and now, also as **TruQ10**. Both CoQ10 and **TruQ10** are naturally found in their highest concentrations in our most vital organs (Heart, Brain, Liver, Kidneys and Pancreas). CoQ10 and **TruQ10** must both be present in all cells at all times for energy to be produced and for life to exist. **TruQ10** is considered the “active” form of CoQ10 because when CoQ10 goes to “work,” it does so as **TruQ10**. In other words, by delivering **TruQ10** directly, we may enhance the effectiveness of CoQ10. Unfortunately, **TruQ10** is also extremely fragile requiring the creation of a special formulation to protect it from light and oxidation. Our unique **Gamma Tocopherol**-rich formula guarantees all the benefits of **TruQ10**, along with those of hard-to-find **Gamma Tocopherol**. To be alive, all cells require both **TruQ10** and CoQ10; and our unique **TruQ10** directly provides the benefits of CoQ10's most “active” form to our most vital organs. **TruQ10's** enhanced activity becomes even more desirable and beneficial as we all experience the many factors that conspire to lower our body's CoQ10 levels, including aging, health challenges, cholesterol-lowering statin drugs, as well as physical or emotional stress. In short, **TruQ10** is an essential part of any science-based anti-aging or energy program.

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.

CONTAINS NO Milk, soy, yeast, corn, wheat, gluten, sodium, salt, sugar, cholesterol, preservative or common allergens.

Supplement Facts		Serving Size 1 Softgel
		Servings Per Container 240
Amount Per Serving		
Vitamin E (total natural tocopherols)	45 mg	†
as natural d-gamma tocopherol	40 mg	
Natural Ubiquinol (Activated CoQ10)	100 mg	†
† Daily Value not established.		

Other Ingredients: Medium chain triglycerides, Soft-gelatin capsule (Gelatin, purified water, glycerin, natural caramel color (non-GMO)).