

USAGE: Take 1 softgel per day with a meal or as directed by your qualified healthcare professional.

NOTE: Consult a healthcare professional before using this product if you are trying to conceive, pregnant, or lactating, under the age of 18, or have a medical condition; if adverse reactions occur, discontinue use.

Co-Q10 is found in energy-rich tissues like the heart and supports mitochondrial health and energy production, the health benefits of which support cardiovascular function.* Ubiquinol, the reduced, active, antioxidant form of Co-Q10 is significantly better absorbed than regular Co-Q10. **Jarrow Formulas' proprietary QH-absorb®** formula has been shown clinically in humans to increase Co-Q10 levels by 222% (100 mg per day) and by 777% (300 mg per day) over baseline.

Keep out of the reach of children. Store in a cool, dry place.

*** 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.**

Lot #. Best Used Before:

Jarrow
FORMULAS®

**Larger
Size**

Ubiquinol Reduced Form Co-Q10

QH-
200 MG absorb®



**Antioxidant Support for Mitochondrial Health,
Energy Production, and Cardiovascular Function***

60 SOFTGELS

**DIETARY
SUPPLEMENT**

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	
Ubiquinol	200 mg †

† Daily Value (DV) not established.

APPROX. ↓
FILL LINE ↑

Other Ingredients: Medium chain triglycerides, softgel (bovine gelatin, glycerin, purified water, caramel [as a light barrier], carob extract [as a light barrier]), sunflower lecithin, beeswax, rosemary extract (to maintain freshness), natural mixed tocopherols and ascorbyl palmitate (to maintain freshness).

Distributed Exclusively by **Jarrow Formulas®**
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Particle formation inside softgel is normal and dissolves after ingestion.
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