

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

**NOTE:** If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your healthcare professional before using this product.

Jarrow Formulas® QH+PQQ™ is the powerful combination of QH (ubiquinol) with PQQ (pyrroloquinoline quinone), which is considered by some authorities to be an essential nutrient. QH is the reduced (active antioxidant) state of Co-Q10, the form produced by our cells. It is significantly better absorbed than ubiquinone. PQQ with QH promotes the creation of new mitochondria, a process known as mitochondrial biogenesis.\* QH+PQQ™ supports both heart health and cognitive function.\*

Kaneka QH® is a registered trademark of the Kaneka Corporation of Japan.

Keep out of the reach of children.

\* 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

Ubiquinol  
**QH +**  
**PQQ**™



Pyrroloquinoline  
quinone

"Active Antioxidant" Form of Co-Q10\*  
Promotes Mitochondrial Biogenesis\*  
Supports Heart Health\* and Cognitive Function\*

**30**  
DIETARY  
SUPPLEMENT

## Supplement Facts

Serving Size 1 Softgel	Servings Per Container 30	
Amount Per Serving % DV		
Ubiquinol (Kaneka QH®)	100 mg	*
BioPQQ™ (Pyrroloquinoline quinone disodium salt)	10 mg	*

\* Daily Value not established.

Other Ingredients: Medium chain triglycerides, sunflower lecithin, beeswax, rosemary extract, mixed tocopherols and ascorbyl palmitate. Softgel consists of gelatin, glycerin, water and annatto (as a light barrier).

No wheat, no gluten, no soybeans, no dairy, no egg, no fish/shellfish, no peanuts/tree nuts.

Particle formation inside softgel is normal and dissolves after ingestion.

BioPQQ™ is a trademark of MGC (Japan).



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