

**SUGGESTED USE:** Adults take 1 capsule once a day or as directed by your qualified healthcare professional.

**Jarrow Formulas® PQQ** (pyrroloquinoline quinone), is an enzyme cofactor that helps to protect mitochondria from oxidative stress and promotes the creation of new mitochondria, known as mitochondrial biogenesis.\* It functions to promote the production of pyruvate, which is the first step in cellular metabolism.\* PQQ is helpful for efficient metabolism to produce cellular energy.\* PQQ also plays a role in supporting heart health and normal cognitive function.\*

**WARNING:** Consult a healthcare professional before using this product if you are pregnant, nursing, under the age of 18, are taking medication or have a medical condition; if adverse reactions occur, discontinue use.

**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.**

BioPQQ™ is a trademark of MGC (Japan).

Do not use if safety seal is damaged or missing.

Lot #. Best Used Before:

**Jarrow  
FORMULAS®**



PYRROLOQUINOLINE QUINONE

**PQQ**

**MITOCHONDRIAL BIOGENESIS 20 MG**

Supports brain and heart health\*  
Promotes efficient metabolism\*

✓ non-gmo    🌿 gluten free

**30 CAPSULES**  
DIETARY SUPPLEMENT



## Supplement Facts

Serving Size 1 Capsule

**Amount Per Serving**

PQQ (Pyrroloquinoline Quinone Disodium Salt) 20 mg †

† Daily Value (DV) not established.

Other Ingredients: Silicified microcrystalline cellulose, capsule (bovine gelatin), magnesium stearate (vegetable source) and silicon dioxide.

Distributed by Jarrow Formulas, Inc.

Sherman Oaks, CA 91403, USA

1-866-459-4154

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

11422PQ20  
PROD # 112032



© 2022 **Jarrow FORMULAS®**

FILL LINE  
BELOW LABEL  
↓