

**SUGGESTED USE:** Adults take 1 softgel 1-3 times a day with a meal or as directed by your qualified healthcare professional.

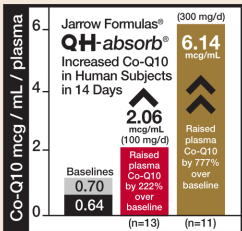
Co-Q10 is found in energy-rich tissues like the heart and helps promote mitochondrial health, cellular energy production, and healthy cardiovascular function.\* Ubiquinol, the active antioxidant form of Co-Q10 has been shown to be better absorbed.\* **Jarrow Formulas® QH-absorb®**, featuring Ubiquinol, has been clinically shown to increase Co-Q10 levels by 222% (100 mg per day) and by 777% (300 mg per day) over baseline.\*

**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.**

Particle formation inside softgel is normal and dissolves after ingestion.  
Lot #. Best Used Before:



value size

**Jarrow FORMULAS®**



UBIQUINOL

**QH-absorb®**

**MAX ABSORPTION**

**100 MG**

Supports mitochondrial health, cellular energy production, and healthy cardiovascular function\*

+ **proliposome delivery**

**gluten free**

**120** SOFTGELS  
DIETARY SUPPLEMENT



## Supplement Facts

Serving Size 1 Softgel

Amount Per Serving	
Ubiquinol	100 mg †

† Daily Value (DV) not established.

Other Ingredients: Medium chain triglycerides (modified coconut oil), softgel (bovine gelatin, glycerin, water, caramel [color], carob extract), sunflower lecithin, beeswax, rosemary extract (antioxidant), mixed tocopherols and ascorbyl palmitate (antioxidant).

Distributed by Jarrow Formulas, Inc.  
Sherman Oaks, CA 91403, USA  
1-866-459-4154 www.Jarrow.com

No major allergens.

Do not use if safety seal is damaged or missing.

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APPROX. FILL LINE