

**Suggested Usage:** Take 1 softgel 1 to 2 times daily with food.

Coenzyme Q10 (CoQ10) is a vitamin-like compound that plays a central role in cellular energy production.\* CoQ10 is found throughout the body, but is especially concentrated in the heart, liver, and kidney and production has been found to decline with age. CoQ10 works with vitamin E as a potent free radical scavenger in cell membranes, as well as within blood vessels.\* Years of scientific research have shown that CoQ10 helps to maintain a healthy heart and vascular system.\*

\*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.

NOW uses only the all-trans form of CoQ10.

**Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.**

Contains no titanium dioxide. Separation and color variation in the softgel may occur. This is natural and doesn't affect product quality.

Store in a cool, dry place after opening.

CODE 3192 v8



# CoQ10

## 50 mg

### Cardiovascular Health\*

- Supports Energy Production\*
- With Selenium & Vitamin E

## 50 Softgels

A Dietary Supplement



Contains Gelatin

## General Health

Family owned since 1968.

## Supplement Facts

Serving Size 1 Softgel

	Amount Per Serving	% Daily Value
Vitamin E (as d-alpha Tocopherol)	20 mg	133%
Selenium (from L-Selenomethionine)	70 mcg	127%
Coenzyme Q10 (CoQ10)	50 mg	†

† Daily Value not established.

Other ingredients: Rice Bran Oil, Softgel Capsule [bovine gelatin (BSE-free), glycerin, water, carob], Beeswax and Soy Lecithin.

NOW FOODS, 395 S. Glen Ellyn Rd.

Bloomington, IL 60108, USA [nowfoods.com](http://nowfoods.com)

Made and quality tested in the USA with globally sourced ingredients.

Not manufactured with wheat, gluten, milk, egg, fish, shellfish or sesame ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

