**USAGE**: Take 1 softgel 1 to 3 times per day with a meal or as directed by your qualified healthcare professional.

Ubiquinol is the reduced (active antioxidant) state of Co-Q10, the form produced by our cells and is significantly better absorbed as a supplement, particularly as we age.



QH-ebsorb\* 100 mg per day raised Co-Q10 by 215% and 300 mg per day raised Co-Q10 by 777% over baseline in humans.

Jarrow Formulas® QH-absorb® is a proprietary enhanced-stability formula, which has been clinically shown in humans to increase Co-Q10 levels up to 777% over baseline at 300 mg per day intake.

Keep out of the reach of children.

Particle formation inside softgel is normal and dissolves after ingestion.



Reduced Form Co-Q10

## Ubiquinol





**High Absorption / Enhanced Stability** 

IOO

60

DIETARY

## **Supplement Facts**

Serving Size 1 Softgel Servings Per Container 60

Amount Per Serving % DV

Ubiquinol (Kaneka QH\*) 100 mg

Daily Value not established.

Other Ingredients: Medium chain triglycerides, phosphatidylcholine (from soy lecithin), beeswax, rosemary extract, vitamin E and ascorbyl palmitate. Softgel consists of gelatin, glycerin and water. Caramel and carob extract added as a light barrier.

## Contains: Soy.

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

Kaneka  $\ensuremath{\mathsf{QH}}^{\ensuremath{\mathsf{o}}}$  is a registered trademark of the Kaneka Corporation of Japan.



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