Energy Generation Requires Nutrients

The body requires many nutrients in order to perform the complex biochemical processes that convert food into energy. Some of these nutrients, such as the B-vitamins, are familiar to us. However, there are many other substances that are just as essential to this process that are not as well known. One of these is Coenzyme Q10 ("CoQ10").

CoQ10 is an enzyme that helps transform food into energy in the body. The energy-generating process takes place in structures called mitochondria—tiny power plants that generate ATP, the "energy currency" of the body. Almost all biochemical activity in the body needs ATP to provide the energy to catalyze the reactions. The body must produce an astounding 10-1000 times its own weight in ATP every day, just to provide the energy to catalyze the reactions. In its role as a generator of energy, CoQ10 is especially important to the circulatory system.

CoQ10 is synthesized in the body and derived from most living organisms, it is essential to the normal functioning of all cells. The body must produce an astounding 10-1000 times its own weight in ATP every day, just to provide the energy to catalyze the reactions. In its role as a generator of energy, CoQ10 is especially important to the circulatory system.

Myriad Functions of CoQ10

Several complex metabolic pathways are required in order for the body to transform food into ATP and energy that we can feel and use. First, digestion breaks down large molecules of protein, carbohydrates, and fat into smaller components. These components are then oxidized in the Krebs' cycle and the glycolysis pathway generates 90 percent of our body's ATP. Myriad Functions of CoQ10 These reactions take place in a structure called the mitochondria, which is the "powerhouse" of the cell. Mitochondria are the sites of ATP production and function in many processes such as cell division, muscle contraction, and glucose metabolism. Mitochondria are a critical component of cell biology and energy production.

The Gums: CoQ10 is a profoundly vital molecule, with importance throughout the body. It is one of a handful of compounds that can be considered the "energy currency" of the body. Some of these molecules include ATP, CoQ10, and CoQ10. CoQ10 is a critical nutrient for maintaining oral health.

Antioxidant Properties:

CoQ10 plays an additional vital role in our metabolism as an antioxidant in our body. By helping to neutralize free radicals, CoQ10 plays a critical role in protecting the body from oxidative damage. Free radicals are single electron molecules that drift through the body. A free radical is a molecule with an unpaired electron. Free radicals are highly reactive and can cause damage to cells and tissues. CoQ10 helps to neutralize free radicals by donating an electron to the free radical, stabilizing it and thereby preventing it from causing damage to the cell.

Support for Key Functions

In its role as a generator of energy, CoQ10 is critically important to all cells and systems. It is particularly critical for organs and body systems that use large amounts of energy, such as the heart, brain, and muscles. CoQ10 helps to support key functions in these areas, including:

1. Heart: CoQ10 supports heart health by reducing oxidative stress and promoting healthy blood flow.
2. Brain: CoQ10 supports brain function by promoting healthy neurotransmitter levels and reducing oxidative stress.
3. Muscles: CoQ10 supports muscle function by helping to maintain healthy muscle mass and reducing oxidative stress.
4. Immune System: CoQ10 supports the immune system by promoting healthy immune function and reducing oxidative stress.

References

• Capsules are convenient, easily assimilated, tried and true methods of delivering CoQ10 to the body. CoQ10 in 30 mg, 75 mg, 125 mg, and 200 mg, CoQ10, and Lipoic Acid (30 mg each).

• Vegetarian Capsules offer an all-vegetarian capsule option, with no meat by-products used in the capsule.

• Softgels offer increased bioavailability because the CoQ10 is suspended in oil. It takes hundreds of molecules to carry one CoQ10 molecule into the bloodstream, and unless the CoQ10 comes with appropriate for it to be as bioavailable. CoQ10 Softgels with BioPerine®.

• Nutra Drops® is a liposomal delivery system in which CoQ10 is locked into “spheres” of fat molecules, and so is quickly recognized and absorbed by the body. CoQ10 Nutra-Drops® (30 mg).

• Sublingual tablets are also available, for convenience and quick absorption into the body. CoQ10 Sublingual (30 mg and 60 mg), and CoQ-EZQuick®, an orange-flavored, fast-melting lozenge.


Our skin care formulas that use CoQ10 are: Skin Eternal, Skin Eternal Pure, Skin Eternal Serum, Skin Eternal® Bath Oil, Skin Eternal® DMAE Serum, Skin Eternal® Cream, Skin Eternal® Hyaluronic Acid, and Skin Eternal® Halalcuronic Serum.

The most important aspect of the Wellness Revolution is becoming an active participant in your own health and well-being. By educating yourself on the powerful nutritional value of CoQ10, you have taken the first step in being the champion of your own health.

There are few additions to your diet with as much potential benefit as Source Naturals CoQ10 products, and the evidence and scientific research continue to mount in worldwide clinical exams and tests. Like a foundation that supports a house with many rooms, CoQ10 is a foundation for many of the important systems of your body. Source Naturals is pleased to provide you with a tremendously powerful tool for your health and well-being.

References
1) Folkers et al., BCACQ, Elsevier, 1977

Energy Supply Requires Nutrients

The body requires many nutrients in order to perform the complex biochemical processes that convert food into energy. Some of these nutrients, such as the B-vitamins, are familiar to us. However, there are many other substantial nutrients essential to this process that are less well known. One of these is Coenzyme Q10 (CoQ10), an enzyme that helps transform food into energy. Some energy-producing cells, the mitochondria, are specialized sub-compartments of the body, where the energy-generating process takes place in structures called mitochondria—tiny power plants. Inside these energy-generating stations, fats, sugars, and amino acids are transformed into adenosine triphosphate (ATP), an energy molecule that powers the chemical reactions in the body, the “energy currency” for the cell. ATP provides the “energy currency” for the following crucial metabolic functions:

• synthesis of cellular components including cholesterol and proteins (formed primarily by the liver);
• nerve conduction (in the brain and peripheral nerves);
• energy for muscular contraction (of the heart and skeletal muscles);
• thousands of enzymatic, biochemical reactions.

Support for Key Functions

In its role as a generator of energy, CoQ10 is critically important to all cells and systems but it’s particularly critical for organs and body systems that use large amounts of energy, such as the liver, heart, brain, and skeletal muscle. In its role as an antioxidant, CoQ10 has established that this nutrient is capable of preserving and maintaining the health of the oral tissues. Although the CoQ10 is reduced throughout the body, until they find an “open” molecule, until they find an “open” structure with a unique ability to oxidize and reduced. Found in most living organisms, it is essential to the proper functioning of cellular energy and can be both synthesized in the body and derived from dietary sources. As we age, the body produces less CoQ10. There are many dietary sources of CoQ10, including spinach, meat, poultry and fish. The body generates its own CoQ10 in response to a diet that’s rich in vitamins, minerals, and other nutrients. The body’s manu- facture of CoQ10 is reduced throughout the aging process. Cellular CoQ10 levels peak at the age of 20 years.

Strategies for Wellness®

Source Naturals offers many ways to enjoy the benefits of CoQ10. Because CoQ10 is an important enzyme and supplementation can benefit a wide range of persons, Source Naturals continues to expand our offering of CoQ10 delivery systems.

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CoQ10’s more formal name clarifies what makes the substance so special. CoQ10 is also ubiquinone—from “ubiquitous”—to signify its widespread distribution in each of the trillions of cells in our bodies, and “quinone,” a chemical structure with a unique ability to be oxidized and reduced. Found in most living organisms, it is essential to the proper functioning of cellular energy and can be both synthesized in the body and derived from dietary sources. As we age, the body produces less CoQ10. There are many dietary sources of CoQ10, including spinach, meat, poultry and fish. The body generates its own CoQ10 in response to a diet that’s rich in vitamins, minerals and other nutrients. The body’s manufacture of CoQ10 is reduced throughout the aging process. Cellular CoQ10 levels peak at the age of 20 years.

The Game: Since the 1970s, scientists have been researching the effects of CoQ10 on the health of the oral tissues. Although the mechanism of action is not known, research has established that CoQ10 has a profound ability to preserve and maintain the health of the gums.

Antioxidant Properties: CoQ10 plays an additional vital role in our metabolism as an antioxidant to protect the lipids in our cell walls. Laboratory studies have also shown that CoQ10 is more efficient than vitamin E, beta carotene or lycopene in safe-guarding LDL-cholesterol from oxidation by peroxides. As a molecule, CoQ10 resembles Vitamin K in its chemical structure. Its cellular behavior is similar to that of vitamin E in the way it absorbs into cells, functioning as an antioxidant.

Free Radical Scavenger: Most simple organic molecules are formed as relatively straight-forward carbon and hydrogen chains. At the end of many organic molecules, however, there lie structures as a switch. If the wrong electron—such as a free radical—locks on, the molecule can “morph” into a compound that is undesirable. Free radicals are those single electron molecules that drift through the body, until they find an “open” molecular structure and lock onto it, bringing about an alteration. Our DNA can be affected this way. Alteration of cells can lead to oxidative stress.

CoQ10’s power as a scavenger molecule lies in the way it locks onto a molecule before a free radical can, lending it an electron. The organic molecule is no longer reactive to free radicals. That’s a strong protective power at the cellular level, so it’s important to have a molecule with good mobility within the bloodstream.

Energy Insurance

The body is an energy dynamo giving people the capacity for a vibrant enjoyment of life. But many of us are too tired to even notice that vibrancy passing by. Coenzyme Q10 is a profoundly vital molecule, with importance throughout the body. It is one of a handful of compounds that can be called true cornerstones of health. Source Naturals has identified twelve deep, interrelated metabolic systems that are crucial for understanding and meeting the health challenges that face us in today’s world. Of these twelve SystemsCare® systems, seven are strongly supported by CoQ10 supplementation: Energy; Inflammation Response; Antioxidant Defense; Liver/Detoxification; Circulation; Cognition/Nerves; and Immunity.

Energy Strategies for Wellness®

Our skin care formulas that use CoQ10 are: Skin Eternal, Skin Eternal Pure, Skin Eternal Serum, Skin Eternal® Bath Oil, Skin Eternal® DMAE Serum, Skin Eternal® Cream, Skin Eternal® Halalcuronic Acid, and Skin Eternal® Halalcuronic Serum.

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• Vegetarian Capsules offer an all-vegetarian composition, with no meat by-products used in the capsule.

• Softgels offer increased bioavailability because the CoQ10 is suspended in oil. It takes heat, pressure and molecules to carry one CoQ10 molecule into the bloodstream, and unless the CoQ10 is taken with appropriate fats, it is not bioavailable. CoQ10 Softgels with BioPerine®.

• NutraDrops™ is a liposomal delivery system in which CoQ10 is locked into “spheres” of fat molecules, and so is quickly recognized and absorbed by the body. CoQ10 Nutra- Drops™ (30 mg).  

• Sublingual tablets are also available, for convenience and quick absorption into the body. CoQ10 Sublingual (30 mg and 60 mg), and CoQ-Quick®, an orange-flavored, fast-dissolving lozenge.

Our formulas that include CoQ10 are Life Force Melatonin, Men’s Life Force Multi- 
multiple, Women’s Life Force Multiple™, Renewal Antioxidant™, Blood Pressure Response, Elan Vital™, Multiple Heart Science, Liver Guard, Higher Mind, Metamorphosis Wellness Multi, Ultra Guard, Cozymette B-Complex, Meno- 

Our skin care formulas that use CoQ10 are: Skin Eternal™, Skin Eternal Pute™, Skin Eternal™ Serum, Skin Eternal Bath Oil, Skin Eternal™ DMEA Serum, Skin Eternal Cream, Skin Eternal™ Hyaluronic Acid, and Skin Eternal™ Halalco Serum. The most important aspect of the Wellness Revolution is becoming an active participant in your own health and well-being. By educating yourself on the powerful nutritional value of CoQ10, you have taken the first step in being the champion of your own health.

There are few additions to your diet with as much potential benefit as Coenzyme Q10 products, and the evidence and scientific research continue to mount worldwide in clinical exams and tests. Like a foundation that supports a house with many rooms, CoQ10 is a foundation for many of the important systems of your body. Source Naturals is pleased to provide you with a tremendously powerful tool for your health and well-being.

References
1) Folkers et al., BCAQC, Elsevier, 1977

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The body requires many nutrients in order to perform the complex biochemical processes that convert food into energy. Some of these nutrients, such as the B-vitamins, are familiar to us. However, there are many other substances essential to this process that are less well known. One of these is Coenzyme Q10 (CoQ10) an enzyme that helps transform energy into ATP, the body’s energy currency. ATP needs from the food we eat.

ATP provides the “energy currency” for the following crucial metabolic functions:

- glycolysis and the Krebs’ cycle.
- thousands of enzymatic, biochemical reactions.
- many electron transports systems.
- electron transport systems.
- oxidative phosphorylation.
- energy for muscular contraction (of the heart and skeletal muscles).
- the energy for nerve conduction.
- thousands of enzymatic, biochemical reactions.

Support for Key Functions

In its role as a generator of energy, CoQ10 is critically important for all cells and systems, but it’s particularly critical for organs and body systems that use large amounts of energy, such as the heart, the liver, brain, and muscles, all of which need large amounts of energy to function. Therefore, Source Naturals produces CoQ10 as a stand-alone product and we include CoQ10 in significant quantities in many of our premium formulas. Source Naturals Offers Many Ways to Enjoy the Benefits of CoQ10 Because CoQ10 is an important enzyme and supplementation can benefit a wide range of persons, Source Naturals continues to expand our offering of CoQ10 delivery systems.

The Game. Since the 1970s, scientists have been researching the effects of CoQ10 on the health of the oral tissues. Although the mechanism of action is not known, research has established that CoQ10 has a profound ability to preserve and maintain the health of the gums. Antioxidant Properties: CoQ10 plays an additional vital role in our metabolism as an antioxidant to protect the lipids in our cell membranes from free radical damage. The cellular pathways carry 90 percent of our body’s ATP needs from the food we eat.

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- synthesis of cellular components including cholesterol and proteins (formed primarily by the liver).
- nerve conduction (in the brain and peripheral nerves).
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Free Radical Scavenger: Most simple organic molecules are formed as relatively stable free radical.

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• thousands of enzymatic, biochemical reactions.
• oxygen utilization, and exercise tolerance. In healthy heart function. Its presence is necessary energy required by the heart. Numerous scientific studies have shown that CoQ10 is more efficient than vitamin E, beta carotene or lycopene in safe detoxification of the liver.

Antioxidant Properties: CoQ10 plays an additional vital role in our metabolism as an antioxidant to protect the lipids in our cell membrane from free radicals. Laboratory studies have also shown that CoQ10 is more efficient than vitamin E, beta carotene or lycopene in safe detoxification of the liver.

Free Radical Scavenger: Most simple organic molecules are formed as relatively straight-forward carbon and hydrogen chains. At the end of many organic molecules, however, there lie structures like a switch. If the wrong electron—such as a free radical—locks on, the molecule can “morph” into a compound that is undesirable. Free radicals are those single electron molecules that drift through the body, until they find an “open” molecular structure and attack it, bringing about an alteration. Our DNA can be affected this way. Alteration of cells can lead to oxidative stress.

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