

CoQHeart® combines the antioxidant power of CoQ₁₀ with resveratrol in a formulation that uses all-natural ingredients. It is highly bioavailable, so that one capsule meets your daily usage. CoQHeart helps prevent the oxidation of LDL cholesterol, provides energy at the cellular level, and helps keep blood flowing freely through the arteries.*



CoQHeart
30 capsules
#20647

CHALLENGE

Everyone understands the importance of a healthy heart, but maintaining one can prove difficult. Cardiovascular health can be compromised by diet, genetics, a sedentary lifestyle, smoking, and an array of other factors. Moreover, our bodies are often deficient in substances critical to healthy heart function. One example is coenzyme Q₁₀ (CoQ₁₀), which helps produce energy in each cell, particularly those in the heart and other major organs. Since it has powerful antioxidant properties, it helps prevent LDL cholesterol oxidation.*

Although the human body can synthesize CoQ₁₀, in some situations the body's capacity to produce CoQ₁₀ isn't sufficient to meet its needs. CoQ₁₀ levels reach their peak in the human body by age 20 and fall slowly thereafter. In fact, 60% of the population has CoQ₁₀ deficiency in their 50s and 60s. In addition, certain medications can reduce the body's production of CoQ₁₀. Supplements can help, but since most supplemental CoQ₁₀ is poorly absorbed by the body, a supplement must be highly bioavailable to be effective.

CoQHEART

CoQHeart combines two natural substances with potent antioxidant properties — CoQ₁₀ and resveratrol — in a single, highly bioavailable softgel capsule using a technology exclusive to Shaklee.

- Combines the power of CoQ₁₀ with resveratrol to promote heart health*
- Prevents the oxidation of LDL cholesterol*
- Provides energy at the cellular level*
- Helps keep blood flowing freely through the arteries*
- Highly bioavailable formulation

WHO WILL BENEFIT FROM CoQHEART?

- All adult men and women concerned about heart health
- Postmenopausal women who want to maintain a healthy heart
- Those on certain medications that reduce CoQ₁₀ production by the body

HOW SHOULD CoQHEART BE USED?

- The recommended serving of CoQHeart is one capsule daily, preferably with a meal.
- If pregnant or nursing, ask a health care professional.

WHAT'S IN CoQHEART?

Supplement Facts		
Serving Size: 1 Capsule		
	Amount Per Serving	% Daily Value
Coenzyme Q₁₀	30 mg	†
Mixed tocopherols	5 mg	†
Resveratrol (<i>Polygonum cuspidatum</i>) (root)	640 mcg	†
† Daily Value (DV) not established		
OTHER INGREDIENTS: Soybean oil, glyceryl palmitostearate, polyglyceryl dioleate, in a gelatin capsule (gelatin, glycerin, water, annatto, and titanium dioxide).		

SCIENTIFIC EVIDENCE IN SUPPORT OF THE INGREDIENTS IN CoQHEART

Coenzyme Q₁₀, also called CoQ₁₀, is a naturally occurring compound found in every cell in the human body. Vital to heart health, CoQ₁₀ promotes energy production at the cellular level; it's most evident in the heart, the most active organ in the body. The beating heart and electrical conduction of the nervous system need a continuous flow of energy that is dependent on adequate levels of CoQ₁₀ in the cells.*

CoQ₁₀ has antioxidant properties, protecting LDL cholesterol from oxidation, thereby helping to maintain vascular tone and integrity. CoQ₁₀ has the ability to recycle and regenerate vitamin E, allowing it to continue providing antioxidant protection to cells of the body.* An estimated 60% of the population has CoQ₁₀ deficiency in the fifth and sixth decades of life.

Clinical studies have shown dietary supplementation with CoQ₁₀ increases the concentrations in both blood and LDL molecules.¹ This increase is important for protecting LDL cholesterol from oxidation.*

A recent double-blind, placebo-controlled study found that supplemental CoQ₁₀, given daily for four weeks, significantly lowered the rate of LDL cholesterol oxidation.*²

Some of the strongest evidence for the cardiovascular benefits of CoQ₁₀ supplementation is found in eight clinical studies in which researchers concluded that CoQ₁₀ promotes the heart's ability to pump blood.*³

Resveratrol, a phenolic compound derived from the roots of the Chinese herb *Polygonum cuspidatum* and also found in red wine, also possesses potent antioxidant properties; it complements the action of CoQ₁₀. Researchers first demonstrated these antioxidant properties during laboratory studies in which resveratrol was added to human LDL cholesterol. One such study found that resveratrol inhibited LDL oxidation by 70–80%.⁴ Resveratrol may also help blood vessels relax and dilate, both important functions for optimizing blood flow.*

WHY CHOOSE CoQHEART?

- The high bioavailability of Shaklee CoQHeart means you take less but get more.
- Its formulation — exclusive to Shaklee — uses all-natural ingredients.
- CoQHeart combines CoQ₁₀ with resveratrol, which contains strong antioxidant properties proven to help prevent LDL oxidation and facilitate blood flow.*

SUPPORT MATERIALS

- Product Guide, Item #74930 (English), #74931 (Spanish)

REFERENCES:

- ¹ Mohr D, Vincent W, Bowry, Stocker R. Dietary supplementation with coenzyme Q₁₀ results in increased levels of ubiquinol₁₀ within circulating lipoproteins and increases resistance of human low-intensity lipoprotein to the initiation of lipid peroxidation. *Biochimica et Biophysica Acta* 1992;1126:247–254.
- ² Raitakari OT, McCredie RJ, Witting P et al. Coenzyme Q₁₀ improves LDL resistance to ex vivo oxidation but does not enhance endothelial function in hypercholesterolemic young adults. *Free Radical Biology and Medicine* 2001;28(7):1100–1105.
- ³ Overad K, Diamant B, Holm L et al. Coenzyme Q₁₀ in health and disease. *European Journal of Clinical Nutrition* 1999;53:764–770.
- ⁴ Frankel EN, Kanner J, German JB et al. Inhibition of oxidation of human low-density lipoprotein by phenolic substances in red wine. *Lancet* 1993;341:454–457.

* 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.

If for any reason a Shaklee product is not satisfactory, return it to your Shaklee Independent Distributor or Shaklee Corporation for exchange or a full refund.



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