

— More Than Twice as Bioavailable as Other Commonly Used Forms of CoQ10! —

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A Smart and Efficient CoQ10 Supplement!

With prices of CoQ10 historically the most volatile in the supplement industry, it is essential that your CoQ10 supplement be designed with efficiency and cost effectiveness in mind. It is no longer practical to just use high doses to overcome low absorption rates. Q•Avail™ is designed and produced for higher absorption and CoQ10 stability to deliver superior clinical outcomes with more cost-efficiency than other commonly used forms of CoQ10. In a recent in-house study being prepared for publication, Q•Avail™ was demonstrated to result in higher peak absorption and higher serum CoQ10 levels after a 2-week supplementation period compared to other forms of CoQ10, including dry powder and popular sublingual forms.

Q•Avail™ 100 mg softgels

Supplement Facts	
Serving Size 1 softgel	
Servings Per Container 60	
Amount Per Serving	% Daily Value
Coenzyme Q10	100 mg *
*Daily Value not established.	

Other Ingredients: Rice bran oil, gelatin, glycerin, beeswax, mixed tocopherols (vitamin E), d.salina, turmeric, annatto.

Oral supplementation with CoQ10 is often desired to improve mitochondrial metabolism and energy production in the treatment of fatigue-related disorders, the enhancement of athletic performance, and the treatment of cardiomyopathy. CoQ10 has also been demonstrated to be an effective antioxidant, reducing lipid peroxidation. CoQ10 is a lipid soluble, high molecular weight, hydrophobic molecule. These molecular properties present problems with oral supplementation viability. CoQ10 has a tendency to crystallize in the stomach and is inherently difficult to absorb. As CoQ10 supplements are comparatively expensive, with costs remaining very volatile in the past few years, there is a great desire on the part of prescribing clinicians to determine the most economical form of CoQ10 which will deliver clinical efficacy. Many proprietary forms of CoQ10 commercially available claim some aspect of novelty and increased absorption, often at the expense of much higher pricing, but do they really deliver? At Designs for Health we have conducted absorbability studies to assure that Q•Avail™ truly is a superior and effective choice. Our in-house study compared the absorption by measuring the average increase serum CoQ10 levels over a 6-hour period and the total serum CoQ10 levels after a 2-week supplementation with 100 mg of various forms of CoQ10. A brief summary of results appears below:

CoQ10 Form	Average increase from baseline (over 6-hours)
Q•Avail™	1.23 mcg/L
Dry CoQ10 powder	0.60 mcg/L

CoQ10 Form	Average absolute increase from baseline (after 2-weeks supplementation)
Q•Avail™	1.06 mcg/L
Sublingual CoQ10	0.50 mcg/L
Dry CoQ10 powder	0.48 mcg/L

Results summary:

- Q•Avail™ 100 mg softgels resulted in a 112% greater absolute increase in serum CoQ10 than sublingual CoQ10 and a 121% greater absolute increase than dry CoQ10 powder.
- Oral supplementation with 100mg of Q•Avail™ resulted in 105% higher average increase from baseline in serum CoQ10 over 6-hours, as compared to dry CoQ10 powder.

The superior bioavailability of this CoQ10 formulation is dependent on novel technology that keeps the crystalline structure in liquid heterogeneity using bee wax, rice bran oil, D. salina; the mixed tocopherols are included in the softgel for stability. The softgel is colored naturally with annatto and tumeric and contains no artificial ingredients.

CoQ10: Essential for Heart Health, Immune Function, and Overall Wellness

CoQ10: Essential For Energy

Coenzyme Q10 (CoQ10) is a nutrient that is essential for the body to turn food into energy. CoQ10's role is similar to that of a spark plug in a car engine. Just as the car cannot function without the initial spark, the human body cannot function without CoQ10. Unfortunately, CoQ10 levels can decline with advancing age. Although CoQ10 is found in all plant and animal sources, optimal doses cannot be achieved through common diets. Organ meats are the richest source of CoQ10, but few eat these foods regularly. Supplementation is therefore needed to achieve optimal CoQ10 levels.

Supporting Heart Health

CoQ10 is one of the most important nutrients for maintaining the health of the heart. The heart contains twice as much CoQ10 as any other organ or tissue in the body. CoQ10 is needed for the heart to keep up its constant production of energy. CoQ10 can even help heal the hearts of those slated for heart transplants so that they no longer need them.¹ A wide range of heart conditions benefit from CoQ10 supplementation, including angina, mitral valve prolapse, and perhaps cardiomyopathies and congestive heart failure. Paradoxically, medications thought to promote heart health may lower CoQ10 levels. Lovastatin, and other statin drugs, can decrease levels of CoQ10. This can often cause fatigue and sometimes it can lead to heart and liver damage.² Individuals on statin medications should supplement with CoQ10.

Lowering Blood Pressure

One hundred milligrams of CoQ10 per day has been found to lower blood pressure while also raising protective HDL cholesterol and lowering total cholesterol.³

Enhancing Immune Function

Studies indicate CoQ10 may have dramatic immune-enhancing effects. Older adults as well as those with HIV in particular may benefit from CoQ10 supplementation.⁴

Promoting Gum Health

CoQ10 may help those with periodontal disease heal their gums more quickly. Topical application of CoQ10 may be more effective than taking it orally.⁵

Supplement Suggestions For CoQ10

The therapeutic dosage range of CoQ10 is 30 to 500 mg per day. Consuming CoQ10 with an oil or fat improves absorption unless you buy a supplement that provides the fat source along with the CoQ10. If you are taking any medications, or are using CoQ10 to help with any health condition, take it with the guidance of your health care practitioner.

References:

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2. Folkers, K., et al., Lovastatin decreases coenzyme Q levels in humans. *Proc Natl Acad Sci U S A*, 1990. 87(22): p. 8931-4.
3. Digiesi, V., et al., Coenzyme Q10 in essential hypertension. *Mol Aspects Med*, 1994. 15(Suppl): p. s257-63.
4. Folkers, K., et al., Coenzyme Q10 increases T4/T8 ratios of lymphocytes in ordinary subjects and relevance to patients having the AIDS related complex. *Biochem Biophys Res Commun*, 1991. 176(2): p. 786-91.
5. Hanioka, T., et al., Effect of topical application of coenzyme Q10 on adult periodontitis. *Mol Aspects Med*, 1994. 15(Suppl): p. s241-8.
6. Lockwood, K., et al., Progress on therapy of breast cancer with vitamin Q10 and the regression of metastases. *Biochem Biophys Res Commun*, 1995. 212(1): p. 172-7.
7. Shults CW, Oakes D, Kiebertz K, et al. Effects of coenzyme Q10 in early Parkinson disease: evidence of slowing of the functional decline. *Arch Neurol*. 2002 Oct;59(10):1541-50.

Benefits of CoQ10

- Promotes Heart Health
- Lowers Blood Pressure
- Inhibits Cholesterol Oxidation
- Supports Gum Health
- Enhances Immune Function