

### Category

Multivitamin/mineral  
supplement

### How to Use

One tablet twice daily  
with meal

### When to Use

In the morning & evening

### Indications

- Supports energy production and metabolism
- Boosts the Immune system and provides antioxidant protection
- Maintains bone and joint health
- Supports cardiovascular and nervous system health



- Level of CoQ10 is lower in diabetic patients.
- CoQ10 supplementation can significantly reduce the HbA1c and can improve HDL-C in patients with type 2 diabetes mellitus.



- Long-term use of CoQ10 helps improve symptoms and reduce serious cardiovascular events in CHF\* patients.
- CoQ10 supplementation may lower the risk of CVD\*\* in diabetic patients.



- CoQ10 supplementation reduces the duration and frequency of migraine attacks.
- CoQ10 has a neuroprotective effect against Parkinson's disease.



- Supplementation with calcium plus vitamin D reduces the risk of fractures and falls and improves bone mineral density.

\*CHF: Chronic Heart Failure

\*\*CVD: Cardiovascular Disease

## SUPPLEMENT FACTS

Ingredients	Amount Per Serving	%Daily Value
Vitamin A	1000 IU	33
<b>Vitamin B1</b>	<b>1.1 mg</b>	<b>92</b>
Vitamin B6	1.5 mg	88
<b>Vitamin B12</b>	<b>0.002 mg</b>	<b>83</b>
Vitamin D3	1000 IU	125
<b>Vitamin C</b>	<b>75 mg</b>	<b>83</b>
Vitamin E	8.34 IU	25
<b>Calcium (as carbonate)</b>	<b>250 mg</b>	<b>19</b>
Coenzyme Q10	60 mg	*
<b>Folic Acid</b>	<b>0.4 mg</b>	<b>167</b>
Magnesium (as Oxide)	160 mg	38
<b>L-Carnitine</b>	<b>100 mg</b>	<b>*</b>
Selenium (as Sodium Selenite Anhydrous)	0.027 mg	49
* Daily value not established.		

Serving Size

2 tablets



References



Packaging  
60 tablets per container