

GLUTEN-FREE • VEGETARIAN • NON-GMO



Clinician-formulated to provide advanced antioxidant protection, PIONEER CoQ10 Complex is a superior quality product that offers high levels of Coenzyme Q10, plus additional synergistic factors.

Coenzyme Q10 is a fat-soluble, vitamin-like substance produced in small amounts within the body. CoQ10 functions in the mitochondria of heart cells and other cells in the body, where it participates in energy production. CoQ10 also serves as an antioxidant in all cell membranes, helping to preserve their integrity and function. The body begins to produce less CoQ10 during the third decade of life.

CoQ10 is widely used in Europe, Japan and the US. Well-researched cardiovascular benefits of CoQ10 include reduction of congestive heart failure symptoms, improvement in overall efficiency of cardiac function, improved heart muscle respiration, reduced need for hypertensive medication, reduced ischemia and protection after heart surgery.¹⁻³

Research additionally suggests benefits in the reduction of gum disease and periodontal pocket depth, and protection of cells against free radical damage and mutation. CoQ10 can be beneficial in persons with Type 2 diabetes, and offer nutritional support during chemotherapy.⁴⁻⁶

Many health professionals recommend 30 to 150 mg of CoQ10 daily, taken with meals, as part of a long term preventive approach to cellular and cardiovascular health. Some clinicians use higher doses to help correct chronic conditions.

Note: Some cardiovascular drugs significantly deplete levels of CoQ10 in the body, putting people with heart failure at risk. These medications include cholesterol lowering HMG Co-A reductase inhibitors (statins), certain beta blocker drugs and thiazide diuretics. Some health clinicians recommend that patients supplement with CoQ10 when using these classes of medicines, to counteract the side effect of CoQ10 depletion. (Please consult your doctor.)

CONSIDER THESE ADVANTAGES:

1. OPCs From Grape Seed and Pine Bark Extracts.

Oligomeric proanthocyanidins (OPCs) are a class of water-soluble flavonoids with strong antioxidant activity. Research has demonstrated that OPCs can help support the stabilization of collagen and the maintenance of elastin, two important proteins in blood vessels, muscle and connective tissue.⁷ Also, by inhibiting oxidative injury to vessels,

OPCs can support capillary and vessel strength, reduce fragility and fluid permeability, and reduce accumulation of fluids outside vessel walls.⁸ As potent antioxidants, OPCs have been shown to inhibit the oxidation of LDL-cholesterol and may help protect the body from undesirable cell changes.⁹ *CoQ10 Complex* uses the finest European grape seed and pine bark extracts available – particularly notable sources of OPCs, with sound scientific verification in human trials.

2. Alpha-Lipoic Acid. This powerful “universal” metabolic antioxidant is both water- and fat-soluble, can function virtually anywhere in the body, and serves many functions. Alpha lipoic acid protects and extends antioxidant life by recycling CoQ10, vitamin E and vitamin C. It also increases glutathione levels in cells, neutralizes both oxygen and nitrogen free radicals, is essential for cell and muscle energy production, and promotes normal glucose metabolism.^{10,11}

3. Black Pepper Extract. Bioperine® is a highly concentrated extract (95-98% piperine) of black pepper. Used as a bioavailability enhancer, it has been shown to increase the absorption of CoQ10 and other vitamins, minerals and herbs.¹²

4. Micellization. The fat-soluble nutrients CoQ10 and alpha lipoic acid are generally well-absorbed. However, some people have difficulty absorbing fats and fat-soluble nutrients, resulting in compromised uptake. To enhance absorption, the exclusive *Pioneer Micelle Process (PMP™)* creates microscopic droplets (micelles) that may pass more readily through the digestive tract lining.

5. True Full-Disclosure Labeling. All ingredients, their forms, and ratios are disclosed on the label of every PIONEER product. Read the label!

Serving Size 1 capsule	AMOUNT	
Bottles of 30 or 60 capsules	PER SERVING	%DV
Vitamin E (d-alpha tocopheryl succinate).....	30 IU	100%
Coenzyme Q10 (PMP™ micellized).....	60 mg	..*
OPC (Oligomeric Proanthocyanidin Complex) from:		
Grape Seed Extract (95% polyphenols / proanthocyanidins)	80 mg	..*
Pine Bark Extract (85% polyphenols / proanthocyanidins)	20 mg	..*
Alpha-Lipoic Acid (PMP™ micellized).....	50 mg	..*
Lecithin	30 mg	..*
Black Pepper Extract† 60:1 Piper nigrum	2 mg	..*

* Daily Value (DV) not established

Other ingredients: vegetarian capsule (cellulose), cellulose, silica, magnesium stearate † **BIOPERINE®**
THIS VEGETARIAN PRODUCT CONTAINS NO gluten, wheat, yeast, corn, added preservatives, colors or flavors, and no toxic levels of heavy metals. May contain traces of soy. NATURAL MANUFACTURING AGENTS ONLY. 3.03

REFERENCES 1. Langsjoen H, Langsjoen P, et al. Usefulness of coenzyme Q10 in clinical cardiology: a long term study, *Mol Aspects Med*, 1994; 15 Suppl:165-75; 2. Morisco C, Trimarco B, et al. Effect of coenzyme Q10 therapy in patients with congestive heart failure: a long term multicenter randomized study, *Clin Invest* 1993, Mar;3(3):178-87; 3. Langsjoen P, Langsjoen AM. Overview of the use of coQ10 in cardiovascular disease, *BioFactors*, 1999;9 (2-4) 315-18; 4. Portakal O, et al. Coenzyme Q10 concentrations and antioxidant status in tissues of breast cancer patients, *Clin Biochem* 2000 Jun;33(4):279-84; 5. McCarty MF. Toward a wholly nutritional therapy for type 2 diabetes, *Med Hypotheses* 2000 Mar;54(3): 483-7; 6. Hanioka T, et al. Effect of topical application coQ10 on adult periodontitis, *Molec Aspec Med* 1994; 15(sup):S241-48; 7. Bombardelli E, et al. Biological activity of procyanidins from vitis vinifera, *BioFactors* 6:429-31 8. Robert L, Godeau G, et al. The effect of procyanidolic oligomers on vascular permeability *Pathol Biol* [Paris] 38:606-16; 9. Ye X, Krohn RL, et al. The cytotoxic effects of a novel IH636 grape seed proanthocyanidin extract on cultured human cancer cells, *Mol Cell Biochem* 1999;196:99-108; 10. Packer L, et al. Alpha-lipoic acid as a biological antioxidant, *Free Radical Biol & Med*, 1995;19:227-250; 11. Jacobs S, et al. Enhancement of glucose disposal in patients with type 2 diabetes by alpha-lipoic acid, *Arzneimittel-Forschung* 1997;45:872-874; 12. Badmaev V, Majeed M, et al. Piperine derived from black pepper increases the plasma levels of coenzyme Q10 following oral supplementation, *J. Nutr. Biochem* 2000 11:109-113

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.