



— VEGETARIAN —

CoQ10

COMPLEX 60 MG / 120 MG

— GLUTEN FREE —

ADVANCED ANTIOXIDANT PROTECTION
Alpha-Lipoic Acid • Grape Seed Extract & Pycnogenol®

OFFERED IN TWO POTENCIES: 60 MG AND 120 MG CoQ10

Clinician-formulated to provide advanced antioxidant protection, PIONEER® CoQ10 Complex is a superior quality product offering Coenzyme Q10 in two potencies, plus additional synergistic factors.

Coenzyme Q10 is a fat-soluble, vitamin-like substance found in every tissue of the body, where it is produced in small amounts. CoQ10 participates in energy production within the mitochondria of cells. It tends to be highly concentrated in heart cells due to the high energy needs of this organ. 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 to help provide nutritive support for a healthy cardiovascular system. Well-researched suggested benefits of CoQ10 include support for overall efficiency of cardiac function and support for heart muscle respiration.¹

Additional research suggests that Coenzyme Q10 may help provide nutritive support for healthy gums and periodontal pocket depth, and provide antioxidant protection against cellular free radical damage.² CoQ10 may also be useful in helping to provide nutritive support for healthy blood glucose levels.³

Many health professionals recommend 30 to 150 mg or more of CoQ10 daily, taken with meals to help support cellular and cardiovascular health.

CONSIDER THESE PIONEER® ADVANTAGES:

1. With Grape Seed & Pine Bark OPCs. In addition to 60 or 120 mg of well-absorbed CoQ10, this formula provides 100 mg of oligomeric proanthocyanidins (OPCs) – a class of darkly pigmented, water-soluble flavonoids with strong antioxidant activity. Research suggests that OPCs may help provide nutritive support for healthy collagen and elastin, two important proteins in blood vessels, muscles, connective tissue and skin.⁴ Grape seed OPCs and pine bark OPCs (notably as Pycnogenol®) have been researched for their potential roles in helping to support capillary and blood vessel strength.⁵ PIONEER® CoQ10 Complex provides the finest standardized OPC extracts available.

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 helps to protect and extend antioxidant life by recycling CoQ10, vitamin E and vitamin C. It also helps to support glutathione levels in cells and neutralize both oxygen and nitrogen free radicals. Essential for cell and muscle energy production, alpha-lipoic acid is clinically suggested to help provide nutritive support for both cardiovascular health⁶ and normal glucose metabolism.⁷

3. Black Pepper Extract for Increased Bioavailability. Bioperine® is a highly concentrated extract of black pepper. Used as a bioavailability enhancer, it has been studied for its purported ability to help support the absorption of CoQ10 and other vitamins, minerals and herbs.⁸

4. Pre-Emulsified for Enhanced Absorption. The fat-soluble nutrients CoQ10, alpha-lipoic acid and vitamin E are generally well-absorbed. However, some people have difficulty absorbing fats and fat-soluble nutrients, resulting in compromised uptake. To help increase bioavailability, the ingredients in this formula are infused with lecithin - a process intended to create microscopic, pre-emulsified droplets for enhanced absorption.

Serving Size 1 capsule	AMOUNT PER SERVING	%DV
Bottles of [60 mg: 30 or 60 capsules]; [120 mg: 30 capsules]		
Vitamin E (d-alpha tocopheryl succinate)	30 IU	100%
Coenzyme Q10	60 mg OR 120 mg	*
Grape Seed Extract <i>Vitis Vinifera</i> (stand. to 95% polyphenols / proanthocyanidins)	80 mg	*
Pycnogenol® (French Maritime Pine Bark Extract) <i>Pinus Pinaster</i> (standardized to 85% proanthocyanidins)	20 mg	*
Alpha-Lipoic Acid	50 mg	*
Lecithin (soy) (non-GMO)	30 mg	*
Black Pepper Extract <i>Piper nigrum</i> (95% piperine) [Bioperine®]	2 mg	*

* Daily Value (DV) not established
Other ingredients: Cellulose, vegetarian capsule (cellulose), silica, magnesium stearate.

NOTE: Some ingredient details may be abbreviated on actual product labels.

Pycnogenol® is a registered trademark of Horphang Research, Ltd.
Pycnogenol® French maritime pine bark extract is protected by U.S. Patent Nos. 4,698,360 and 5,720,956.
BIOPERINE® is a registered trademark of Sabinsa Corp.

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