



Dr. Rath Q10 Complex™

The added benefit of the body's own energy carrier Q10

Coenzyme Q10 is a vitaminoid, i.e. a vitaminlike substance that occurs in the cells of our bodies. It is present in particularly high amounts in strongly metabolically active organs, e.g. the heart, liver, lungs and muscles – organs that have a high consumption of bioenergy.

Sources for the supply of Q10 are a balanced diet and our bodies themselves. Via the body's own Q10 synthesis, the body contributes substantially to its own supply of Q10. This requires the presence of certain essential micronutrients.

But did you know that the body's ability to form its own Q10 decreases with age? At the age of 40, the levels of Q10 in the heart are already more than 30% lower than at the age of 20. With increasing age, the amount of Q10 produced in the body, and the amount of it in the cells, continues to fall.

Coenzyme Q10 occurs everywhere in the body's own bioenergy metabolism. It can be taken in through food or be produced by the body itself. **Dr. Rath Q10 Complex™** contains this important component in combination with vitamin E, which protects against oxidation:

- For an extra supply with the endogenous energy carrier, coenzyme Q10
- For compensating the decreasing endogenous production of Q10

Contents of one capsule:

Coenzyme Q10 50 mg
Vitamin E* 6 mg

* in all four of its naturally occurring forms as alpha-, beta-, gamma- and delta-tocopherol

Recommended allowance:

Adults: 1 capsule 2 times a day. Take at mealtimes with plenty of liquid (water, juice, tea).

Presentation: 60 capsules* per jar

Order No.: 025

* The capsule shell consists of hypromellose. Suitable for vegetarians.

Special Formula

Dr. Rath Q10 Complex™ is a Special Formula in the Dr. Rath Cellular Nutrient Programme. Our Special Formulas have been designed to supply an extra amount of selected micronutrients. They make it possible to specifically increase individual nutrient factors.

Dr. Rath Q10 Complex™ can be combined with both our Basic Formulas and our Basic and Reconstructive Formulas.

