



Ubiquinol 100 mg Q10-Bioactive-PLUS-Capsules

Nutritional supplement

Useful information: Before the body can utilize the coenzyme Q10, it must be converted into ubiquinol, the bioactive form of the coenzyme. If ubiquinol is taken directly, the conversion process becomes unnecessary. Ubiquinol, activated Q10, is made available immediately to the organism. The "PLUS" in these capsules is the added B-vitamins. Vitamin B1 contributes towards a normal heart function. Both vitamin B1 and vitamin B12 play an important role in benefiting a normal energy metabolism, while vitamin B12 also helps reduce tiredness and fatigue.

Each capsule contains 100 mg ubiquinol (Kaneka QH™, activated form of CoQ10).

Ingredients:

Soya Oil (bulking agent), Gelatin, Ubiquinol (14 %), Glycerine (humectant), Silicon Dioxide (thickening agent), Vitamin B1 Mononitrate, Soya Lecithin (emulsifier), Iron Oxide (colouring agent), Vitamin B12.

	per capsule (=Daily dose)	% of RDA recommended daily dose*	per 100 g capsules
Ubiquinol	100 mg	**	14 g
Vitamin B1	3.3 mg	300	0.5 g
Vitamin B12	7.5 µg	300	1 mg

*NRV = Nutrient Reference Value for daily consumption according to Regulation (EU) No. 1169/2011

** no reference value available yet

Recommended dose: swallow 1 capsule per day (preferably in the morning) with enough fluid.

Keep dry and out of direct sunlight. Store below 25°C.

Nutritional supplements should not be used as a replacement for a balanced, varied diet, and do not replace a healthy lifestyle. Keep out of reach of young children. Do not exceed the recommended daily dose.

Made in Germany

75 capsules = 51 g

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Art. No.: 1825

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