



## Q10 Capsules 100 mg

Nutritional supplement

### Good to know:

Coenzyme Q10 is one of the body's own substances belonging to the group of vitaminoids, therefore substances similar to vitamins, and is an important part of our daily nutrition. Q10 is primarily found in the heart, liver and kidneys in the human organism. In a healthy human organism the necessary amount of Q10 is ensured by endogenous synthesis. Extra Q10 intake is particularly recommended with increasing age and if the diet is not well-balanced.

Each capsule contains 100 mg of high purity, natural Q10.

### Ingredients:

Corn Starch (bulking agent), Coenzyme Q10 (26%), Gelatin, Magnesium Stearate (separating agent).

|              | per capsule | per daily dose<br>(=2 capsules) | per 100 g<br>capsules |
|--------------|-------------|---------------------------------|-----------------------|
| Coenzyme Q10 | 100 g       | 200 mg                          | 26 g                  |

No nutrient reference value for the daily intake according to VO (EU) No. 1169/2011 has yet been established.

### Recommended dose:

Swallow 1-2 capsules per day with sufficient liquid before meals.

Keep out of direct sunlight. Store dry and not above 25°C.

Food supplements should not be used as a substitute for a varied and balanced diet and do not replace a healthy lifestyle. Keep out of the reach of young children. The recommended daily dose should not be exceeded.

### Contents 180 capsules = 68 g

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