



Coenzyme Q10

CoQ10 has been indicated as useful in reducing cholesterol levels as well as assisting with the treatment of congestive heart failure and periodontal disease. Some evidence suggests it has positive effects in cancer, muscular dystrophy and immune dysfunction.

CONTENTS	%DAILY VALUE
Coenzyme Q10 (ubiquinone) 30mg	*

Other Ingredients: Rice bran oil, gelatin, glycerin, beeswax/soybean oil mixture, lecithin and titanium dioxide color.

Suggested Use: As a dietary supplement, take 1 - 3 soft gelatin capsules daily.

CAUTION: This product is manufactured and packaged in a facility which may also process milk, soy, wheat, egg, peanuts, fish and crustacean fish.

CAUTION:

- Very rare incidence of decreasing the effectiveness of **warfarin**.
- Pregnant and nursing women should avoid.
- Mild gastrointestinal symptoms such as nausea, diarrhea and epigastric distress have been reported, particularly with higher doses (200 milligrams or more daily).
- May improve glycemic control in some **type II diabetics**. If this were to occur, antidiabetic medications might need appropriate adjusting.