

### Ingredients

Cellulose fibre (filler), Ubiquinone (Co Q10) 150mg, Vitamin B1 (Thiamine) 1.1mg (100% Reference Daily Intake). Capsule shell: Hydroxypropyl methyl cellulose (100mg).

### Usage

**Serving Size** 1 Capsule

**Suggested Use** Adults take 1 capsule daily with food. Do not exceed recommended daily intake

**Servings Per Container:** 30

**Storage:** Store in a cool, dry place