



Conergy® Co-Q-10 30mg

Natural Energy from within



capsule contains (average):		% NRV
	5mg	42
Co-Q10 (CoQ10)	30mg	*
Soya Oil	325mg	*
* Nutrient Reference Value NRV not yet established		

What are Conergy® Co-Q-10 30mg capsules?

Coenzyme Q10 (Co-Q-10), also called Ubiquinone, is found in the mitochondria of all living cells and helps convert food into cellular energy. In certain people it is difficult for the body to manufacture adequate amounts of Co-Q-10 or extract it from food. So, they constantly feel weak, tired and run down. Due to its unique properties, Co-Q-10 is also a great antioxidant beneficial for the heart and immune system. Conergy® is specially formulated by dissolving Co-Q-10 in Soya Oil. This process optimises absorption and utilisation by the body cells and helps release natural energy from within.

What are Conergy® Co-Q-10 30mg capsules for?

Therefore Conergy Co-Q-10 can be used to help:

- Generate energy and endurance by rejuvenating cellular mitochondria.
- May give an extra boost of an energy
- May help maintain healthy heart and circulatory system
- May work as an antioxidant and prevent cell damages
- May offer nutritional support for improved immune response.
- May help control hypertension and blood pressure

Who is Conergy Co-Q-10 30mg capsules for?

Conergy Co-Q-10 30mg can be taken daily to help increased energy levels, to help fight gum disease or to help those with symptoms of cardiovascular disease.

Conergy® Co-Q-10 30mg may be of benefit to:

- People leading busy stressful life
- Those who are diabetic or have hypertension
- People using cholesterol lowering drugs

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- Those suffering from low energy levels due to illness
- People who want to improve athletic performance

Recommended Daily Intake:

Adults and children over 12 years of age, one capsule daily. Can be increased to two or three capsules daily if required. Do not exceed recommended daily intake unless advised by a suitably qualified person.

Product Code	803107					Product Name: Conergy® Co-Q-10 30mg				
Pack Size	90's; capsules packed in a brown glass labelled bottle, placed in a carton printed with all the relevant information									
UK Trade and Retail price	Trade: £17.30					Retail: £30.99				
Appearance (shape/colour)	Clear, oval, soft gelatine capsule filled with an oily liquid									
Size	15mm x 8mm	Shape	Oval	Average Weight	690mg					
Ingredients	Bulking Agent (soybean oil, vegetable oil, beeswax), Capsule Shell [gelling agent (gelatine), humectants (glycerol, purified water), natural colours (red and black iron oxides)], Coenzyme Q10, Vitamin E (d-alpha tocopherol)									
Allergy advice	For allergens, see ingredients in bold									
Suitability	Vegan	No	Vegetarian	No						
Quality Requirements	All the ingredients meet the requirements of USP/NF, BP, EP, BHP pharmacopoeia or supplier specifications									
Expiration Period	Three years from date of manufacture									
Storage	Store in a cool dry place, keep out of sight and reach of children									
Caution	Allergy Information: This product contains soya.									
Disclaimer	Use product according to directions stated on the pack. Food supplements should not be used as a substitute for a varied and balanced diet, and healthy lifestyle. Please check with your primary healthcare physician before taking this supplement if you suffer from a medical condition, are on prescribed medication, are pregnant or breastfeeding or suffer from food allergies. Food supplements are not intended to treat or prevent any disease. Do not use after the expiry date.									