

Co-Enzyme Q10

Co-Enzyme 10 Plus assists in the maintenance of peripheral circulation and in the maintenance or improvement of general well-being. Co-Enzyme Q10 (Ubiquinone) is a free radical scavenger and antioxidant and may help athletes perform at their peak. The 30mg of Co-Enzyme Q10 in this formula along with nutrients including spirulina help access the "energy pathway" and is invaluable for athletes and those requiring increased vitality. The mitochondria is the powerhouse of the cell, the section that creates 95% of all cellular activity in the body. Without Q10, the mitochondria is unable to function properly and results in decreased production. Co-Enzyme Q10 increases the levels of Q10 in the mitochondria, which improves the function of body cells by controlling the amount of fuel and oxygen metabolised. Seek medical advice if taking warfarin medication.