

# Coenzym Q10 30 mg Capsules

30 mg Capsules



**Content**  
60 Piece / Capsules  
PZN 3052517  
RRP 34,90 €

**Recommended intake**  
1 capsule / day

**without**  
artificial flavorings, artificial conservation, artificial colorants, genetic engineering

**free of**  
fructose, gelatine, gluten, yeast, granulated sugar, artificial sweeteners, lactose, sugar substitutes

## Natural energy for your cellular power plants.

Burgerstein Q10 capsules contain 30 mg of coenzyme Q10 per capsule in the form of ubiquinone, which is obtained from yeast in a natural fermentation process.

The vegetarian capsules are tasteless and odourless and practical for daily use. Coenzyme Q10 is found in the mitochondria (power plants of the cells), in the blood and in the cell membranes.

## What exactly is Coenzyme Q10?

Few know what this "Q10" can really do. Also known as ubiquinone, it is a fat-soluble, vitamin-like substance that is found in almost all human tissues. Coenzyme Q10 gets the energy flow of the cells going and counteracts a lack of energy. Coenzyme Q10 is found in the mitochondria (power plants of the cells), in the blood and in the cell membranes, among other places. However, it is particularly important for those organs that have a high density of mitochondria. These are primarily the sensory organs, i.e. the olfactory bulb, retina and brain, and secondarily the heart and skeletal muscles, liver and pancreas. The performance of these organs is therefore particularly dependent on Q10.

The product is suitable for vegans and vegetarians.

## Coenzyme Q10 capsules support...

- ... **persons aged 35 and over**  
With increasing age, the body's own production decreases
- ... **all persons for daily food supplementation**
- ... **all living body cells for energy production**
- ... **people who take cholesterol-lowering drugs.**  
Cholesterol-lowering drugs (statins) reduce the body's own coenzyme Q10 production
- ... **protect performance through an optimized immune system**
- ... **people over 40 years of age, chronically stressed people, athletes and people with a low-fat diet**

Coenzyme Q10 is indispensable for energy production in the cells. For example, it is important for the heart to beat and the muscles to function properly.

## What is the daily requirement of coenzyme Q10?

Coenzyme Q10 is a vitamin-like substance that is both produced by the body itself and supplied through food. It is sensitive to heat and is therefore lost through the preparation of food: frying meat reduces the coenzyme Q10 content by up to 30 percent.

Researchers assume that the body should have 500 milligrams of coenzyme Q10 available every day. You can get this amount either from the body's own production or from food. However, the body's own production is predominant: it is estimated that we only take in between 3 and 6 milligrams of coenzyme Q10 per day via food.



Nutritional values	Per daily portion (1 capsule)
Coenzyme Q10 (Ubiquinone)	30,00 mg

**Ingredients:** Fillers (lactose, hydroxypropylmethylcellulose), coenzyme Q10, stabilizer (polyvinyl pyrrolidone), separating agent (silicon dioxide).

**Additional information:** Food supplements are not a substitute for a balanced nutrition. A balanced nutrition and a healthy lifestyle are important. Do not exceed the recommended daily dose. Store out of the reach of small children and at room temperature - please follow the corresponding package instructions. | RRP: Recommended Retail Price.