

Ubiquinol 100mg

Reduced active form of CoQ10

Presentation

A black soft capsule.

Each capsule delivers:

Ubiquinol 100mg

Encapsulated with:

Sunflower Seed Oil, Capsule Shell (Gelatin, Glycerin, Colour: Iron Oxide), Silicon Dioxide.

Disintegration time: Less than 30 minutes.

quantity
60

type
capsules

code
8535



Uses

Ubiquinol is the reduced active form of co-enzyme Q10 (ubiquinone). And like co-enzyme Q10, it is critical to the cellular ATP (energy) production cycle. Without the presence of both of these within the body's cells, cellular energy cannot be generated or sustained.

The only way to increase ubiquinol levels in the body was, until recently, from the conversion of it from co-enzyme Q10, which research has shown becomes increasingly difficult with age.

It has taken scientists over a decade to produce ubiquinol for use in supplements and now several years after this success, we are delighted to include it in the Lamberts® range.

Co-enzyme Q10 will continue to be an important supplement for many. The pre-converted form of co-enzyme Q10, ubiquinol, will however be of greater significance for those of 40 years plus, or those affected by age-related health conditions, due to its enhanced absorption.

Lamberts® Ubiquinol is derived from co-enzyme Q10 that is bio-identical to the co-enzyme Q10 produced within the body (some co-enzyme Q10 products are processed from bacteria or tobacco derivatives). Each easy to take, small capsule provides a full 100mg.

Usage and administration

2 capsules daily for the first 2 weeks. Thereafter, 1 capsule daily.

Allergen advice

None (see page 194).

Cautions

This product is not recommended for pregnant or lactating women.

Storage instructions

To be stored in a cool, dry place and protected from sunlight.

Legal category

Food supplement.

