

What's in my CoQ10?

by Margy Squires

Wondering which CoQ10 is best for you? CoQ10 (ubiquinone) wears many hats in the nutrient family. One of CoQ10's major functions is as an antioxidant, quenching free radicals that impact aging and disease. The second major function is its ability to energize the mitochondria in cells to support muscles and two high energy organs, the brain and heart. The heart is also where the majority of CoQ10 in the body is found.


CoQ10 is called *ubiquinone* which means “everywhere” as it is found in almost all cells of the body which is why it is a very important nutrient to your health.

What is *ubiquinol*? Before the body can use CoQ10, it must first convert the ubiquinone form to ubiquinol, the most predominant form in the body. Ubiquinol is a more readily bioavailable form that benefits those who cannot easily convert CoQ10 such as the elderly and especially those with gut or GI issues. Low levels are found in people with fibromyalgia, diabetes, celiac and other chronic disorders, too.

Many customers ask why there are other ingredients in TyH's co-enzyme Q10 (CoQ10) products. Each of the ingredients in TyH's CoQ10 and ubiquinol Bio-Blends either help protect CoQ10, aid in its absorption or both. Think of the ingredients as helpers, so high levels are not needed. This means they are not at a therapeutic level and do not make health claims on their own merit. Rather, they add a synergistic boost to CoQ10's already amazing benefits.

We've put together a chart of the Bio-Blend ingredients in TyH's CoQ10 line-up and a brief explanation of what each one does to support CoQ10. By offering you a choice of formulas, you are sure to find one that meets your needs and optimizes your health outcome. If you still have questions, email us at customerservice@e-tyh.com. We're here to help!



TYH PRODUCT	FORM	CODE	BIO-BLEND INGREDIENTS & BENEFITS
David's Fibro-Q10™ w/Sunflower Lecithin & Olive Oil	100 mg 50 SG	160	Vitamin E, Lecithin, Omega-3 and d-limonene add a synergy to CoQ10. Note that we also have different mg strengths too!
David's Fibro-Q10™ w/Sunflower Lecithin & Olive Oil	100 mg 90 SG	430	Mixed tocopherols are highly active form of the antioxidant Vit E to help protect against free radical oxidation and cholesterol, which can lead to blood vessel plaques. Vit E also enhances CQ10 absorption.
CoQ10 400 mg w/Vit E & Lecithin	400 mg 30 SG	405	Lecithin emulsifies fats and aids fat & cholesterol transport in the blood. Lecithin contains phosphatidyl choline, a helpful brain nutrient. As a fatty nutrient, lecithin also aids CoQ10 absorption.
CoQ10 60 mg w/Omega-3 Fish Oil. & Lecithin	60 mg 60 SG	173	Vit E and Lecithin work together to help protect the nervous system and brain function.
Fibro-Ubiquinol™ CoQH-CF™ w/d-Limonene	50 mg 60 SG	415	Omega-3 fish oil supports healthy cholesterol and the inflammatory response, and aids CoQ10 absorption.
SG = Softgels 			CoQH-CF™ is patented Kaneka ubiquinol, backed by research studies for superior bioavailability. The formula includes fat soluble d-Limonene and Alpha Lipoic Acid , both act as antioxidants to protect CoQ10 and improve absorption in the ubiquinol(active) form. d-Limonene also helps intestinal absorption.