



NATURE'S SUNSHINE

CoQ10 100mg

GOOD FOR

Cardiovascular system

Heart

SIZE **60 softgels**

ITEM # **4135**

SERVING **1**

SUPPLY **30 days**

DIRECTIONS FOR USE Take 1 softgel with a meal, twice daily.

— How the Key Ingredients Work

This simple, three-ingredient formula delivers 100 mg of CoQ10 in a soft-gel base of olive oil and lecithin, two carriers that help your body absorb every drop. Together they work quietly in the background, helping your heart, your cells, and your natural defenses stay at their best.

CoQ10 — Cellular Energy Support — Every cell in your body needs energy to do its job, and CoQ10 is one of the key players that helps produce it. Think of it as a spark that keeps your cellular power stations — the mitochondria — running smoothly so you feel like yourself day after day.

CoQ10 — Heart Health — Your heart beats around 100,000 times a day, so it needs a steady energy supply. CoQ10 is naturally concentrated in heart tissue and has been studied in clinical trials for its role in supporting healthy heart function and overall cardiovascular wellness.

CoQ10 — Antioxidant Defense — CoQ10 is one of the body's own built-in antioxidants. It works inside cell membranes to help neutralize free radicals — the unstable molecules that can wear down cells over time. Multiple reviews of clinical studies confirm it helps reduce markers of oxidative stress in the body.

CoQ10 — Blood Pressure Support — Keeping blood pressure in a healthy range is one of the most important things you can do for your heart. CoQ10 has been studied in randomized controlled trials for its role in supporting healthy blood pressure levels as part of an overall heart-wellness routine.

CoQ10 — Mitochondrial Health — Mitochondria are the tiny power generators inside nearly every cell, and CoQ10 is essential to how they function. Maintaining healthy CoQ10 levels helps keep those generators running efficiently, which matters for energy, stamina, and long-term cellular health.

CoQ10 — Arterial Health — Healthy arteries stay flexible and clear, and CoQ10 supports the cells that line your blood vessels. Research combining CoQ10 with other nutrients has shown meaningful improvements in measures of arterial stiffness, pointing to its broader role in cardiovascular wellness.

Olive Oil — Absorption Carrier — CoQ10 is fat-soluble, meaning it absorbs best when taken alongside a healthy fat. Olive oil is the ideal delivery partner — it helps your body take in more of the CoQ10 with every soft-gel so none of that goodness goes to waste.

Olive Oil — Antioxidant Defense — Extra virgin olive oil brings its own antioxidant contribution to the formula. Its natural plant compounds have been recognized by European food safety authorities for protecting the body's fats from oxidative damage, adding a complementary layer of defense alongside CoQ10.

Olive Oil — Arterial Health — Olive oil is a cornerstone of the Mediterranean diet, one of the most studied dietary patterns for heart health. Clinical research, including large trials like PREDIMED, links olive oil consumption to better endothelial function and reduced cardiovascular risk markers.

Lecithin — Absorption & Bioavailability — Lecithin is a natural emulsifier — it helps oil and water mix together smoothly. In this soft-gel, it works alongside olive oil to keep CoQ10 evenly dispersed and easy for your digestive system to absorb, so the nutrient reaches your cells where it's needed most.

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