

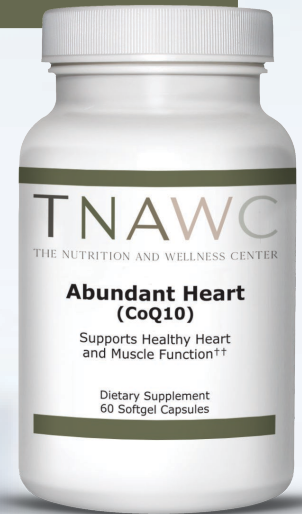
TNAWC

THE NUTRITION AND WELLNESS CENTER

Abundant Heart (CoQ10)

HEART. ENERGY, & MUSCLE HEALTH

MITOCHONDRIAL CATALYST:
IMPROVES CELLULAR ENERGY OVER 300
PEER-REVIEWED STUDIES



WHY YOU NEED ABUNDANT HEART

Coenzyme Q10 (CoQ10) is present in every cell's mitochondria. It is a vital component of energy production. CoQ10 is not considered a vitamin because it is manufactured in the body from precursors of cholesterol synthesis. However, the body is often not able to manufacture enough of this important nutrient due to toxin build-up or dietary lack of essential nutrients. **ABUNDANT HEART** provides CoQ10 in the most efficiently energized, micellized (dispersed into tiny droplets that are most easily assimilated by the body) form available.*

CoQ10's function is that of a catalyst. It provides a vital link in the process of energy production, which takes place in the mitochondria (the battery or power station of every cell). CoQ10 occupies a vital position in metabolism by linking major cellular pathways for energy production. If the essential levels of CoQ10 are allowed to decline, and the body's vital organs cannot meet their energy requirements, the results are **deteriorated health and disease, fatigue, and most commonly, impaired heart muscle function.***

Lower nutrition status and high toxin burden cause the body to lose its ability to produce CoQ10. Studies show that individuals who are compromised in this way have a marked decrease in CoQ10 function after the age of 35. CoQ10

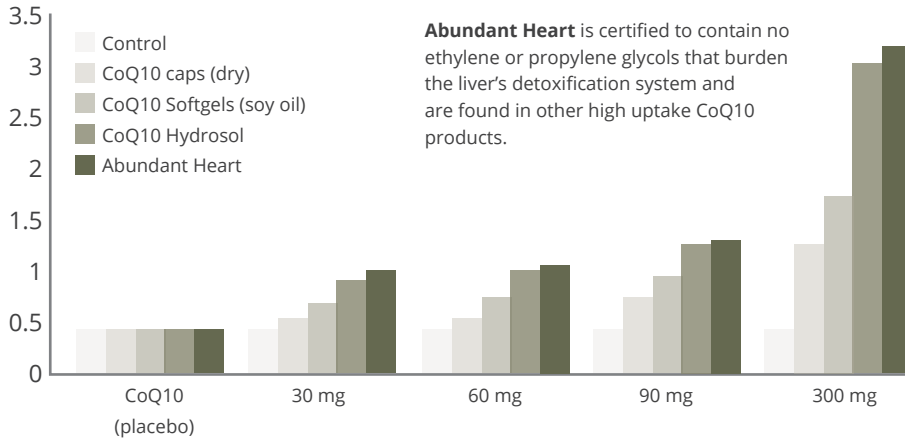
deficiency is all too common in those above 40 because of their poor nutritional state and toxic burden.*

CoQ10 is a unique antioxidant. An antioxidant is a substance that reduces free radical damage. However, CoQ10 deficiency can lead to an increase in free radical damage inside the cell nucleus and the mitochondrial cell "power station." In one study, scientists investigated the effects of CoQ10 against DNA damage. Researchers concluded that "Coenzyme Q10 *in vitro* supplementation enhances DNA resistance against peroxide-induced oxidation."*

CoQ10 is an important nutrient for the heart. Several studies show that decreased levels of CoQ10 in serum and myocardial tissues are highly correlated with a decrease in cardiac function. In Japan, where CoQ10 supplementation was first widely applied, it is estimated that one in three heart patients – over 10 million heart patients – use this vital nutrient to improve their health.*

Individuals with gum bleeding, periodontal disease, or gum disease can benefit from CoQ10 supplementation. By helping cells create the energy necessary for healing and repair, CoQ10 supplementation can effectively help manage gum disease.*

Superior plasma activity for CoQ10 [µg/ml] in Abundant Heart with natural tocopherols in rice bran oil compared to other products



Abundant Heart is certified to contain no ethylene or propylene glycols that burden the liver's detoxification system and are found in other high uptake CoQ10 products.

Daily intake of various CoQ10 preparations: Abundant Heart achieves best results: delivers best value.

THE COMPLETE COQ10 FORMULA: SUPERIOR POTENCY

1. Micellized CoQ10 in rice bran oil form allows for maximum absorption.*
2. Mixed tocopherols (vitamins E) for protection and enhanced action.*
3. Gamma oryzanol to build endurance and strength and to help repair the intestinal lining.*

COQ10: AN IMPORTANT NUTRIENT FOR YOUR HEART HEALTH

For nearly 30 years, research has proven the value of CoQ10 for a healthy heart. In one study, 22 patients with heart disease took either CoQ10 or a placebo for 12 weeks in a randomized, double-blind placebo-controlled investigation. At the end of the study, the heart muscle stroke index at rest and at work improved significantly for the CoQ10 group. Also, pulmonary artery pressure at work and at rest decreased. Researchers concluded that patients with congestive heart failure may benefit from this treatment. **ABUNDANT HEART** is the most potent form of CoQ10 available.*

REFERENCES

Munkholm H, Hansen HH, Rasmussen K: Coenzyme treatment in serious heart failure. *Biofactors* 9(2-4): 285-289, 1999.

Full Disclosure Label (no hidden ingredients)

Directions: As a dietary supplement, take one (1) softgel capsule daily with food or as directed by your health professional.

SUPPLEMENT FACTS

Serving size: 1 Softgel capsule

Servings per container: 60

Energized Nutrients	Amount per capsule	% Daily Value
Vitamin A (beta carotene) (from pure palm fruit carotenoid oil)	1,380 mcg RAE	153
Vitamins E [†] (from mixed natural tocopherols)	67 mg.	447
Pure Coenzyme Q10 (soluble ubiquinone)	100 mg.	*
Rice Bran oil	184 mg.	*
Gamma oryzanol.....	2,208 mcg.	*
Kosher gelatin	118 mg.	*
Glycerin (vegetable)	54 mg.	*
Yellow Beeswax	34 mg.	*
Annatto	9 mg.	*
Turmeric powder	2 mg.	*
Water.....	30 mg.	*

[†]Vitamins E stated to reinforce that we use the alpha, beta, gamma & delta forms of the natural tocopherols.
*Daily value not established

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*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.