COENZYME Q10

CoQ10 100 mg

Cellular energy. Cardiovascular support.

Coenzyme Q10 for mitochondrial energy production and antioxidant support in a simple, practitioner-focused capsule.



100 mg	60	CoQ10
PER CAPSULE	VEGETARIAN CAPSULES	COENZYME Q10

Non-GMO | Gluten-free | Soy-free | Dairy-free | Vegan

A focused formula for cellular energy.

CoQ10 participates in the mitochondrial electron transport chain and functions as a lipid-soluble antioxidant. This formula provides 100 mg per capsule.

Medicinal ingredients

PER CAPSULE

INGREDIENT	FORM	AMOUNT
Coenzyme Q10	CoQ10	100 mg

Non-medicinal ingredients: Hypromellose (capsule), cellulose.

Mitochondrial function

Supports the biochemical processes involved in cellular energy production.

Antioxidant support

CoQ10 is a lipid-soluble antioxidant found throughout the body.

Clinical research with Integrity.

A closer look at the science and formulation behind CoQ10 100 mg.

01 Mitochondrial function

CoQ10 is an electron carrier in the mitochondrial respiratory chain, connecting its nutritional role to cellular ATP production.[1]

Energy-demanding tissues contain substantial amounts of CoQ10.

02 Cardiovascular research

Q-SYMBIO studied CoQ10 alongside standard care in chronic heart failure, using 100 mg three times daily.[2]

The trial reported fewer major adverse cardiovascular events over two years at the studied dose.

03 Statin-related research

Statins can lower circulating CoQ10. A randomized trial examined supplementation for statin-associated muscle symptoms; the broader evidence has been inconsistent.[3,5]

04 Migraine research

A randomized, placebo-controlled trial evaluated CoQ10 for migraine prevention over several months.[4]

Clinical effects depend on the population, dose and treatment duration.

100 mg
PER CAPSULE

Straightforward formulation

A single medicinal ingredient with hypromellose and cellulose, supplied in a 60-capsule bottle.

Research context: Clinical studies use different CoQ10 preparations, doses and populations. These ingredient-level findings do not represent trials of the finished Integrity Health Naturals product.

Selected references

CLICK A REFERENCE TO OPEN THE SOURCE

1. Crane FL. Biochemical functions of coenzyme Q10. J Am Coll Nutr. 2001;20:591-598. doi:10.1080/07315724.2001.10719063.

2. Mortensen SA et al. Q-SYMBIO: CoQ10 in chronic heart failure. JACC Heart Fail. 2014. doi:10.1016/j.jchf.2014.06.008.

3. Caso G et al. CoQ10 and statin-associated muscle symptoms. Am J Cardiol. 2007;99:1409-1412. doi:10.1016/j.amjcard.2006.12.063.

4. Sandor PS et al. CoQ10 in migraine prophylaxis: randomized trial. Neurology. 2005;64:713-715. doi:10.1212/01.WNL.0000151975.03598.ED.

5. Banach M et al. CoQ10 and statin-induced myopathy: meta-analysis. Mayo Clin Proc. 2015;90:24-34. doi:10.1016/j.mayocp.2014.08.021.