

## CoEnzyme Q10



**Brand:** Lindens  
**Product Code:** L20  
**Availability:** 10  
**Weight:** 0.10kg

**Price: £9.99**

### Short Description

Statin drugs deplete Co Q-10 stores in the body and therefore supplementation with Lindens Co Q-10 may help to replenish these stores.

### Description

- Popular with over 40s
- Important coenzyme in the body
- Statins or age can decrease bodily Q10 levels
- Supplementation may help replenish levels of CoQ10

In the past decade CoEnzyme Q10, popularly abbreviated CoQ10 has risen to be one of the most popular dietary supplements around the world. CoQ10 appears naturally within almost every cell in the body, and is ubiquitously present in animals and bacteria, hence its common name, ubiquinone. CoQ10 is found primarily in fish and meat, but the amounts in food are far less than what can be obtained from supplements. CoQ10 appears naturally within almost every cell in the body, yet its production may be affected by age and statin drugs. Dietary supplementation may help to replenish stores. The highest levels of CoQ10 can be found in tissues with high energy requirements such as the heart and skeletal muscles.

Each Lindens CoEnzyme Q10 Tablet contains 30mg of CoEnzyme Q10. Users who are prescribed statin drugs should not discontinue use or consider CoEnzyme Q10 a substitute for statin therapy.

With Lindens®, you can expect:

- ? An established UK manufacturer based in Yorkshire
- ? ISO 9001 Certified for Quality Management Systems
- ? Dedication to excellence, innovation and satisfaction
- ? Resealable, light-proof, foil-fresh pouch packaging
- ? The Lindens® label: your guarantee of authenticity

This is a food supplement which is not a substitute for a balanced diet and healthy lifestyle. We recommend that pregnant and breastfeeding women seek medical advice before using food supplements. Store in a cool, dry place, out of reach of children. Unsuitable for children. Follow usage guidelines. Do not exceed stated dose. Lindens® is a registered trademark of Lindens Health + Nutrition Ltd.

## **Label Information**

### **CO ENZYME Q10**

30mg per tablet

**DIRECTIONS:** Food supplement. Take one to four tablets daily with water.

Statin drugs deplete Co Q-10 stores in the body and therefore supplementation with Co Q-10 may help to replenish these stores. Co Q-10 is not intended to serve as a replacement for Statin therapy, nor should you discontinue taking any prescribed medications while supplementing with Co Q-10.

**INGREDIENTS:** Bulking Agents (Dicalcium Phosphate, Microcrystalline Cellulose), Ubidecarenone (CoQ10), Anti-caking Agent (Magnesium Stearate, Silica).

Allergens (if any) in bold.

Free From: dairy, soya, sugar & gluten.  
Suitable for vegans and vegetarians.

EAN:  
5060332533510 - 120 pack

**PRODUCT INFORMATION**

NRV = Nutrient Reference Value