

## UBIQUINONE (UBIDECARENONE) VERSUS UBIQUINOL

To put things simply, ubiquinone and ubiquinol are different forms of coenzyme Q10. When ubiquinone is used by the body, it effortlessly converts into ubiquinol. So, despite advertising claims that ubiquinol is a superior product, both forms are just as effective and produce the same result. Research has shown that the only ineffective form of CoQ10 is the cheaper, synthetic type.

## INGREDIENTS

PER CAPSULE	WEIGHT	ACTIVE
Concentrated Fish Oil	700mg	
Cod Liver Oil	225mg	
CoQ10 (Ubidecarenone)	75mg	
Omega 3 (total)		500mg
Omega 3 (DHA)		140mg
Omega 3 (EPA)		210mg
Omega 6		60mg
Vitamin A		270 IU
Vitamin D		22 IU

## DIRECTIONS

Adults: take one capsule daily (60 capsules = 2 month's supply).  
Not recommended for children.

Our CoQ10 is gluten free but does contain traces of soy. Always read the label and use only as directed.

\*If taking Warfarin (or any other blood or heart medication), or if you are allergic to fish/shellfish, we recommend you discuss with your doctor or healthcare professional prior to taking. Also seek medical advice if using while pregnant during the first trimester. Gluten, dairy and soy free.



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Health House

# COQ10 - OMEGA 3

Energy boost – heart and  
artery health



## COQ10-OMEGA3

A powerful antioxidant that supports heart and artery health, boosts energy levels and improves mental clarity and focus.

### What is CoQ10?

CoQ10 is an orange-yellow enzyme made by our liver after consuming plant and protein oils. It is found in every cell of our body and is the key ingredient in producing 95% of our body's energy.

When we reach 30 years of age, our liver gradually loses the ability to make CoQ10, so when our levels drop below normal, health problems can start occurring.

CoQ10 is also a powerful antioxidant that slows the effects of aging (i.e. it ensures you enjoy a healthy, alert old age). It is vital for life long muscle energy, full sized muscles and healthy, bright red, oxygen-filled blood.

Taking 75mg a day of naturally fermented CoQ10 (not synthetic) can boost your energy levels and sharpen your focus and mental clarity.

### Is CoQ10 Safe?

Taking naturally fermented CoQ10 does not stop your liver from producing CoQ10 naturally and has been found to be a well tolerated and effective supplement. There have been no reported side effects from taking CoQ10 to our knowledge\*.

### The Fish Oil

Health House has sourced a double strength fish oil (containing over twice the omega 3 levels of standard fish oil) and added cod liver oil and CoQ10.

The high quality double strength European fish oil means that the concentration process not only increases the omega levels but also removes contaminants. We have tested the oil extensively and no mercury was detected, making it a safer and more convenient alternative to eating fish.

### Traditional Cod Liver Oil

The traditional evidence and benefits of cod liver oil is well documented and respected, with its all natural vitamin A (270iu's) and vitamin D (22iu's). This quality deodorised oil does not normally produce any fishy burps when taken with food.

## BENEFITS

- Restores muscle energy
- Improves fitness
- Supports healthy blood pressure
- Is a powerful antioxidant
- Sharpens your mental clarity and focus
- Improves endurance
- Slows the effects of aging

### THIS PRODUCT HELPS WITH

- Energy
- Mind/brain
- Cholesterol

