



COQ10/DMG 300 PLUS

A DIETARY SUPPLEMENT TO SUPPORT HEART HEALTH
AND ENERGY FUNCTION*

A dietary supplement to support heart health and energy function.*

COQ10/DMG 300 Plus combines 300 mg of Coenzyme Q10 with 300 mg Dimethylglycine (DMG) in a great tasting orange flavored chewable tablet for convenient consumption. This combination supports:

- Enhanced energy production*
- Increased circulation, physical energy and stamina*
- Neurological function*
- Heart health*
- Methylation*
- Oxygen utilization*
- Immune System Response*

About the Nutrients

- **Coenzyme Q10** is a vital nutrient for the formation of Adenosine Triphosphate (ATP), the basic energy molecule used by every cell. It is found in the mitochondria, where energy is made. Hundreds of mitochondria are present in each cell with the largest concentration of mitochondria in "high energy" organs such as the brain, heart, muscles, liver, kidneys and pancreas. Q10 is also an important antioxidant within both the mitochondria and lipid membranes. It is located exactly where the free radicals are generated (in the mitochondria) during the oxidation of nutrients and the production of ATP.* After age 35 the body's natural production of CoQ10 declines, so supplementing with Q10 helps to support energy production, circulation, cardiovascular function and stamina.*
- **DMG** is a natural substance found in low levels in the body and in certain foods like meat (liver), beans, seeds and grains. Over 30 years of research has shown that DMG acts like a cellular catalyst improving the efficiency of the major pathways of the cell.* As an intermediary metabolite in the methylation pathway, DMG provides useful building blocks (methyl groups) required for the production of vitamins, hormones, neurotransmitters, antibodies, nucleic acids and other metabolically active molecules. Research and studies have shown that DMG enhances endurance and stamina, boosts cellular energy levels and improves oxygen utilization.* DMG has also been studied for its antioxidant benefits.* DMG supports mental and physical performance by helping the body adapt to various forms of stress such as aging, poor oxygen availability, free radical damage and a weakened immune system.*

About Methylation

Methylation is a biochemical process that is essential to life, health and the regeneration of body cells. Transmethylation is a reaction where a methyl group is transferred from one molecule to another. DMG supports methylation because of its ability to donate its methyl groups. Vitamins, hormones, neurotransmitters, enzymes, nucleic acids and antibodies depend on the transfer of methyl groups to complete their synthesis. Methyl groups also coat DNA helping to protect it from damage, oxidation and aging. DMG also supports the production of SAM-e, the most active transmethylation agent in the body.* SAM-e is involved in over 41 different transmethylation reactions. As SAM-e is metabolized it results in elevated levels of intracellular glutathione which is the master antioxidant of all cells throughout the body.

Supplement Facts

Serving Size: 1 Chewable

Amount Per Serving

Vitamin E (d-alpha Tocopheryl Succinate)	5 IU
Coenzyme Q10	300 mg
DMG (as N,N-Dimethylglycine Freebase)	300 mg

Other Ingredients: mannitol powder, stearic acid, xylitol, silicon dioxide, vegetable stearate, citric acid, natural orange flavor and natural pineapple flavor.

Warning: If pregnant or nursing, consult your healthcare practitioner before taking this product.

Suggested Use: As a dietary supplement, chew one tablet daily, or as directed by your healthcare practitioner.

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