



Each Teblet Contains

Coconut Oil	400 mg.
CoQ10	30 mg.
Mixed Tocopherols (As Vitamin E 14.1 IU)	14 mg.
Chromium AAC 2.5% (As Cr 130 mcg)	5.2 mg.

Directions : Take 1-3 capsule daily

References :

1. Ernster L, Dallner G. Biochemical, physiological and medical aspects of ubiquinone function. *Biochim Biophys Acta.* 1995;1271(1):195-204.
2. Crane FL. Biochemical functions of coenzyme Q10. *J Am Coll Nutr.* 2001;20(6):591-598.
3. *Lipids* 44: 593, 2009.
4. *Am. J. Clin. Nutr.* 87: 621, 2008.



**Cold Pressed Coconut Oil
with Coenzyme Q10**

Increase energy production *and*
increase metabolism



Good Manufacturing Practice



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Coconut Oil
with **Coenzyme Q10**

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Cold Pressed Coconut

Oil with
Coenzyme

Q10

Increase energy production
and increase metabolism



Coconut Oil Benefit in health and beauty :

Almost 50% of the fatty acid in coconut oil is the 12-carbon lauric acid. When coconut oil is enzymatically digested, it also forms a monoglyceride called monolaurin. Both lauric acid and monolaurin can kill harmful pathogens like bacteria, viruses, and fungi, helping to stave off infections. These substances have been shown to kill the S.Aureus and the yeast Candida Albicans, a common source of yeast infections in humans. Coconut oil is full of vitamin and antioxidant substances such as vitamin E. It could boost immune function and stimulate thyroid

function. It could also reduce blood sugar in type II diabetes and increase cell insulin sensitivity.

Coconut oil contains a unique combination of fatty acids which are medium chain triglycerides. They go straight to the liver from digestive tract, where they are used as a quick source of energy or turned into ketone bodies, which can have therapeutic effects on brain disorders like epilepsy and Alzheimer's.

Coconut Oil can improve blood cholesterol levels by reducing triglyceride and raise HDL level so it could help lowering risk of heart disease. Given that it can

reduce appetite and increase fat burning, it could possibly help in weight reduction.

The other benefits are help digestion, lessen menopause symptoms, better sleep, detoxification, and improve blood circulation.

CoQ10

CoQ10 is essentially in cellular energy production. It is found in every cell of the body. Without Coenzyme Q 10, our cells are unable to produce any energy at all. CoQ10 is naturally produced by the body in our mitochondria but the production has been decreased by the age of 20 years. It is a powerful endogenous antioxidant. Organs which require high energy will have a large amount of CoQ10 such as heart, brain, liver, kidney and skin. In 2007, a medical journal called Journal of Nutritional Science and Vitaminology reported the effect of Coenzyme Q 10 supplement in raising metabolic rate in men aged 25-27 years both at rest and during light exercise.

