



## Coenin Q10 PLUS Capsules

Food supplement with natural Q10

### Good to know:

Coenzyme Q10 is an important component of our daily diet. The additional consumption of Coenzyme Q10 is especially recommended for old age groups and in cases of an unbalanced diet. In addition are contained the antioxidants selenium and vitamin E to protect the body against oxidative stress. Selenium also contributes to the normal function of the immune system. This combination is completed with eight valuable B-vitamins. Niacin, pantothenic acid and thiamine (vitamin B1) contribute to a normal energy metabolism. Thiamine also supports a healthy, normal heart function.

### Ingredients:

Magnesium Carbonate, Gelatin, Coenzyme Q10 (12 %), Niacin, Vitamin-E-succinate, Maltodextrin, Calcium-D-pantothenate, anti-caking agent: Magnesium Stearate, Silicium dioxide; Vitamin B2, Vitamin B6-hydrochloride, Vitamin B1-mononitrate, Folic Acid, Sodium Selenite, Biotin, Vitamin B12.

	per capsule	per daily dose (= 2 capsules)	% of NRV recommended daily dose*
Magnesium	45 mg	90 mg	24
Vitamin E	18.2 mg (27 I.E.)	36.4 mg	300
Coenzyme Q10	50 mg	100 mg	**
Niacin	24 mg	48 mg	300
Pantothenic acid	9 mg	18 mg	300
Vitamin B2	2.1 mg	4.2 mg	300
Vitamin B6	2.1 mg	4.2 mg	300
Vitamin B1	1.65 mg	3.3 mg	300
Folic acid	300 µg	600 µg	300
Biotin	75 µg	150 µg	300
Selenium	55 µg	110 µg	200
Vitamin B12	3.75 µg	7.5 µg	300

\* NRV = Nutrient reference value for the daily intake according to VO (EU) No. 1169/2011

\*\* No reference value has yet been established

### Recommended use:

As a dietary supplement, take 1-2 capsules with sufficient liquid in the morning.  
Biotin can affect laboratory tests, in which case please inform your doctor.

Keep dry and out of direct sunlight. Store below 25°C.

Nutritional supplements should not be used as a replacement for a balanced, varied diet, and do not replace a healthy lifestyle.

Keep out of reach of young children. Do not exceed the recommended daily dose.

Made in Germany

**Contents 150 capsules = 62 g**

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