

# HIGH DOSE

420mg CO Q10 20mg NADH Q1



RECHARGE NOW AND LIVE A HEALTHIER LIFE –  
WITH OUR ALL-ROUNDER:

**Q10 MAGIC POWER®**  
**Q-CELLPOWER®**



#### PREMIUM QUALITY

- Tested for:
- ✓ Raw materials: Microbiology CMO ✓
  - Product: Content certificate
  - ✓ Packaging: Declaration
  - ✓ Manufacturer: Certified

OUR PRODUCT Q10 MAGIC POWER® Q-CELLPOWER® IS ON THE COLOGNE LIST®

[www.koelnerliste.com](http://www.koelnerliste.com)

The Cologne List® publishes products tested for anabolic steroids and stimulants by a worldwide leading laboratory in DS analysis for doping substances.



## Q10 & Q1 REQUIREMENT

In addition to the body's declining production of Q10 & Q1 starting at age 20, the following medical conditions are associated with Q10 & Q1 deficiency:

- coronary heart disease, angina pectoris
- cardiac insufficiency (the more advanced, the more pronounced the deficiency)
- cardiovascular problems/diseases
- arteriosclerosis/hardening of the arteries
- chronic fatigue (burnout syndrome)
- chronic lung diseases (asthma, chronic obstructive bronchitis)
- overweight, high levels of fat in the body (adiposity)
- diabetes mellitus (particularly along with polyneuropathy)
- liver diseases with reduced synthesis
- Parkinson's disease (the more severe, the less Q10), muscle weakness (myasthenia)
- Alzheimer's disease
- tinnitus (showing particularly low Q10 levels)
- migraine, headaches
- tumours, cancer, chemotherapy
- high cholesterol (particularly when treated with statins)
- mitochondrial disease
- gum disease, periodontal disease
- skin disorders
- eye diseases (e.g. cataracts)
- rheumatoid arthritis
- chronic smokers

## Are you familiar with these conditions?

- Cancer (tumours)
- Stroke
- Parkinson's
- Cardiac insufficiency (or coronary heart disease)
- Brain disorders/dementia
- Multiple sclerosis (MS)
- Diabetes
- Weakened immune system
- Muscle weakness (myopathy)
- Osteoporosis
- Blood pressure problems
- High cholesterol
- Rheumatic diseases
- Sexual dysfunction
- (Low male/female sex drive)
- Male infertility
- Migraine and tinnitus
- Chronic fatigue (burnout syndrome)
- Chronic lung diseases
- (Asthma, bronchitis)
- Adiposity (obesity)
- Liver disease
- Eye condition
- Gum disease
- Skin disorders
- Psychological stress (depression)
- Genetic disorders
- Other, e.g. damaged nervous system

As a preventive measure, Q10 is particularly effective for degenerative heart diseases such as heart failure in the middle aged and elderly, with more recent studies showing the Q10 level in adipose (obese) people is significantly lower compared to those with a normal weight.

By restoring a sufficient level of Q10, which is a blood count of 1.5 to 2.0 mg/ml in healthy people, Q10 Magic Power® can be used to cover the increased requirement, which will then have a positive impact on the condition and prevent the disease from progressing. Taking Q10 & Q1 is not expected to be harmful (even with accidental overdoses), as there are no known side effects. **The activator for brain cells – scientifically proven bioavailability.**

## Sparking energy and performance, with studies reporting effects seen within 30 minutes!

In addition to the Q10 level decreasing with age, severe stress can also cause Q10 & Q1 deficiency, creating a need to supplement.

### These types of stresses include:

- severe psychological stress (family, work)
- extreme physical exertion (athletes, heavy physical labour)
- unhealthy lifestyle (smoking, alcohol)
- chronic diseases (diabetes, rheumatoid arthritis, cardiac insufficiency)
- reduced brain activity (e.g. dementia, Alzheimer's)

On the other hand, since Q10 Magic Power® is so well reabsorbed, it is particularly indicated for those with gum disease. In this case, activating the high-energy processes in the cells of the oral mucosa can stimulate the healing process and treat a local inflammatory response at the site.

As with the systemic uptake of Q10 into the bloodstream, adding evening primrose oil combined with vitamin E will increase the uptake by oral mucosa cells.

Based on this we can derive that unlike other Q10 products, Q10 Magic Power® is finally a dietary supplement with verifiable bioavailability. For users this clear benefit is very promising as it stimulates the healing processes of cells by activating mitochondria.

# HIGH DOSE

420mg CO Q10 20mg NADH Q1



WHAT HAPPENS IF CELLS LOSE VITALITY? WHEN YOU'RE SHORT ON ENERGY?

NOTHING GOOD: OUR QUALITY OF LIFE SUFFERS. BUT Q10 MAGIC POWER® MAKES IT BETTER.

After all, if the individual cells don't have enough energy available, also the system of cells, our organism, will be running on fumes. It will be unable to perform many tasks, or only inadequately.

No cell can rely on the other if all are in a state of emergency. The rhythm of life will be lost.

You should act before something really goes wrong. How can you get the system back on track? By providing the individual cells with more energy.

Q10 Magic Power® brings all cells to a new energy level. The system receives the long needed update.

WHAT HAPPENS WHEN ALL WORK TOGETHER? THEN

THE ENTIRE SYSTEM IS HEALED.

DIETARY SUPPLEMENTS ONLY HELP IF THE ACTIVE INGREDIENT REACHES ITS TARGET!

Q10 MAGIC POWER® CAN GUARANTEE IT IN TWO WAYS:

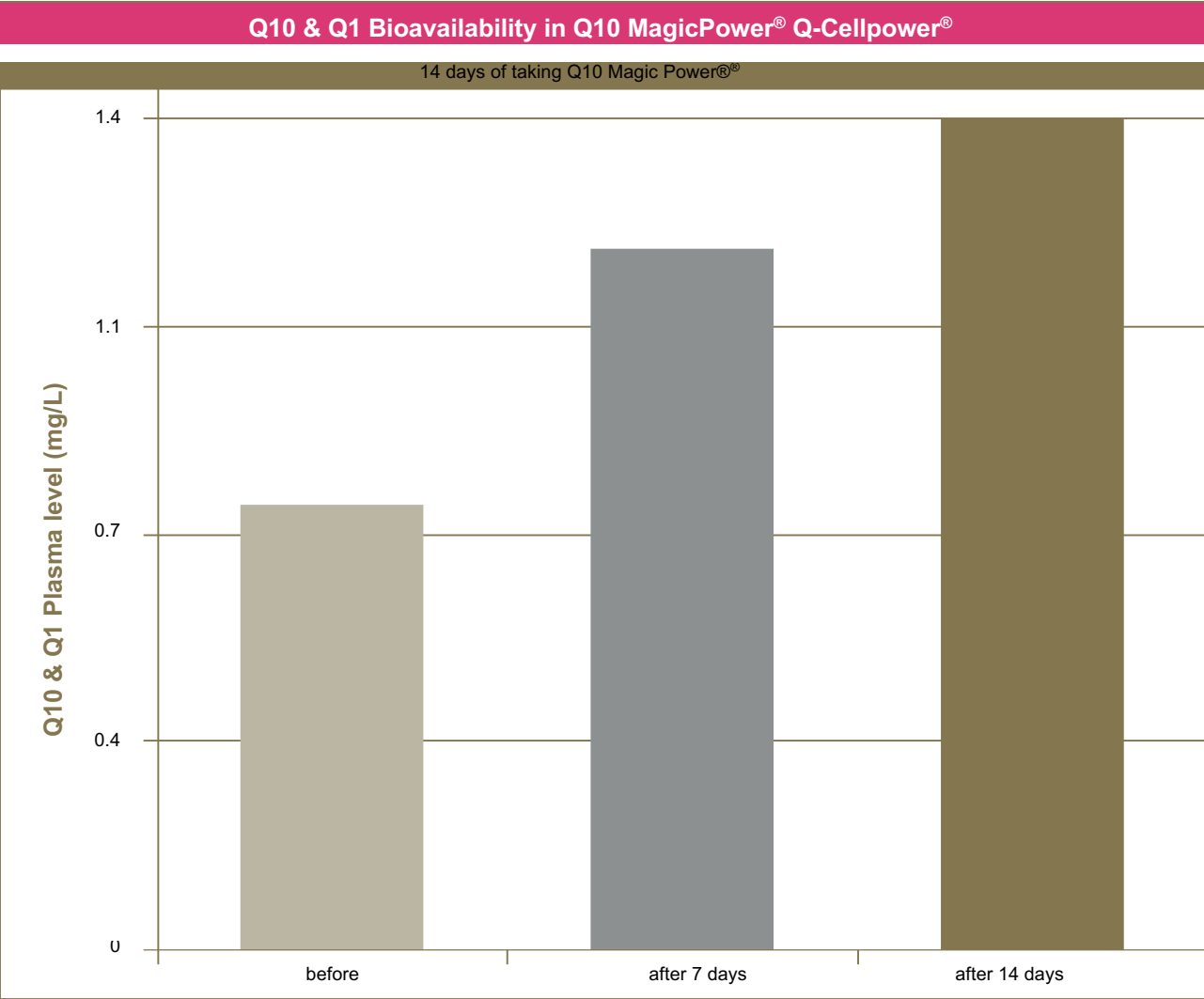
1. High dose of active ingredients:

Co Q10 is orange by nature. So the deeper the orange colour, the more substance is in the product.

Q10 Magic Power® shows it: **Look at the colour!**

2. Pharmaceutical form

The pharmaceutical form is specifically tailored to optimal absorption by the human organism.



Lolafe Ltd. (Q10 Magic Power®) was able to increase the typical Q10 absorption rate from > 5 % to > 40 % using a proprietary process. (Even the fat-soluble vitamins D and E show a higher absorption.)





THE Q10 LEVEL

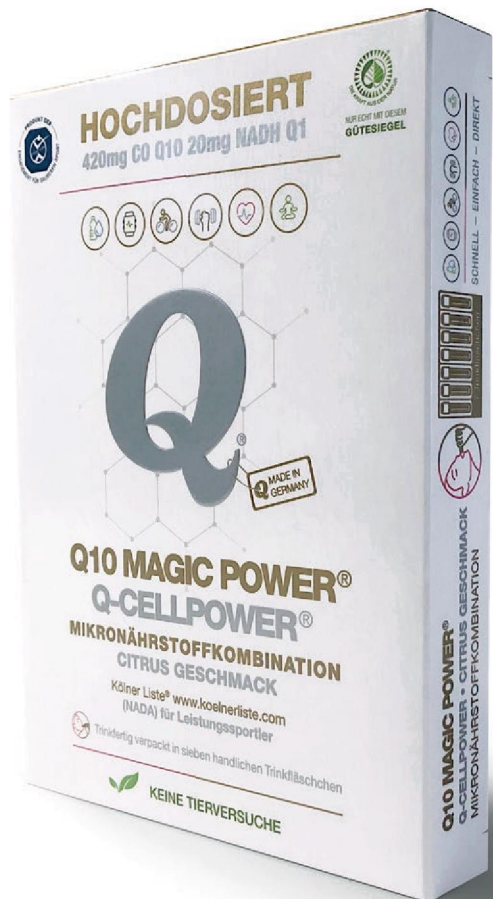
With increasing physical and mental performance, increasing age or illness the Q10 level in the blood and organs decreases. Restoring a healthy Q10 level, a blood count between 1.5 and 2.0mg/ml (see table below) can significantly improve the physical condition.

Energy means everlasting joy

When exhausted due to stress and/or age or if micronutrient deficiencies exist, the body needs additional support. This is when additional energy and a quick boost of the energy metabolism is required. A cell is the building block in the body where life is rooted. All of their functions are bound to an adequate supply of energy. This takes place through biochemical processes, which occur in the mitochondria, the powerhouses of the cell.

Medical and scientific studies have shown that the co-enzymes Q10 and Q1 (NADH) are essential. With Q10 you can cover your energy requirement for a healthy, happy life.

Average mean Q10 level	
Physical condition	Q10 level in mg/ml
Healthy Q10 level	1.51
Coronary heart disease	0.60
Angina pectoris	0.55
Hypertension	0.64
Heart failure (stage IV)	0.28
Artificial feeding	0.35
Various allergies	0.65
Glycogen storage disease	0.35
Chron. lung diseases	0.33
Chron. fatigue syndrome	0.48
Hyperthyroidism	0.50
Chron. stress (psych./physical)	0.40
Obesity	0.45
Parkinson's (stage II)	0.54
Parkinson's (stage III)	0.35
Multiple sclerosis	0.42
Thalassaemia	0.12
Tinnitus	0.26
Cancer	0.45
AIDS	0.48
Diabetes (insulin-dependent)	0.40
Athlete	0.60



THE Q10 MAGIC POWER® STUDY

A study of 18 test subjects of different age groups measured the Q10 level within five weeks before and after taking Q10 Magic Power® Q-Cellpower® in the peripheral blood (blood cells in the blood vessels). The test subjects were given one 25ml bottle of Q10 Magic Power® Q-Cellpower® with 420mg Q10 and Q1 NADH over a period of five weeks.

The results of the study in 18 test subjects before and after taking Q10 show that almost all had a low Q10 level in the beginning.

The cause: Processed foods, which are only aimed at mass, lacking important vitamins and trace elements, of course including Q10.

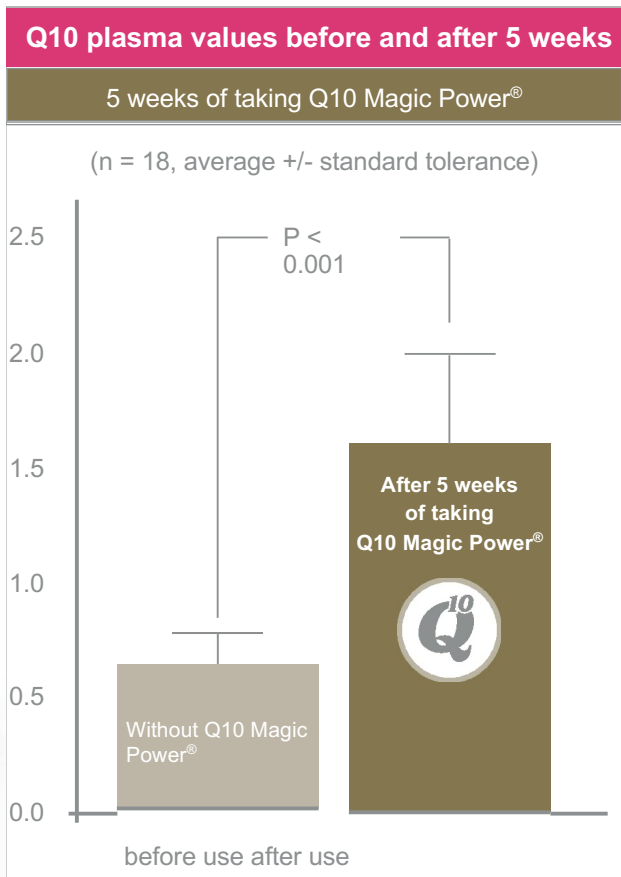
After five weeks a significant increase in Q10 was seen in the blood (Wilcoxon signed-rank test) (see picture).

Q10 Magic Power® Q-Cellpower® has a good to very good ability to penetrate the intestinal wall which is coated by a watery layer, an effect not seen in most other Q10 formulas as only 3% of the amount taken in enters the bloodstream.

Three-quarters of the test subjects subjectively reported quicker recovery after a 10 km run.

An effect which is easily explained by supplying the organelles in the muscle cells, the mitochondria, being supplied with Q10.

This increases the essential energy carrier ATP (adenosine triphosphate), which is then available for repeated performance requirement.



Q10 level before and after 5 weeks				
Q10 level in mg/ml before	Q10 level in mg/ml after 5 weeks	Age	Height (cm)	Weight (Kg)
0.87	2.26	27	179	84
0.47	2.76	34	175	70
0.65	1.86	30	180	84
0.51	1.09	28	186	79
0.71	2.1	32	172	68
0.81	1.8	38	175	69
0.77	1.3	42	178	73
0.69	1.66	22	180	69
0.84	1.71	18	182	68
0.87	1.18	42	175	77
0.66	1.69	45	178	78
0.78	1	32	176	71
0.81	1.34	33	181	74
0.59	1.01	37	183	76
0.66	1.32	39	177	73
0.71	1.57	40	174	69
0.53	1.44	25	169	67
0.66	1.32	33	168	65

Data of 18 test subjects before and after taking Q10 Magic Power® liquid emulsion, 25ml per day (for a period of 5



## COENZYME Q10 MAGIC POWER®

### "A QUANTUM LEAP IN BIOMEDICINE" The unique (patented)

#### coenzyme Q10 Magic Power®

#### The cell is where life is rooted.

All of their functions are linked to an adequate supply of energy.

### Which elements are responsible for optimal energy supply? The answer is our formula.

It combines all factors a cell needs to obtain energy in a unique way. Furthermore, they're supplied in a form which can easily and effectively be absorbed by the body. So there's always enough energy available when it's needed.

Particularly two key substances which complement each other – and their combination is not found in any other product (in sufficient amounts).

#### These are the coenzymes Q10 and NADH (also referred to as coenzyme Q1)

After all – what does the organism need? The answer is: water, oxygen and food.

At a cell level these are used to produce the body's building blocks and the required energy. The latter takes place in the mitochondria, the "powerhouses" of cells.

This is where Co Q10 and NADH play a major role: they're the sparks which start the engine.

And it all seems so simple: after all, both are synthesised by all living cells and are therefore found in all foods (so both in animal- and plant-based foods). And the same also applies to the substances from which they are produced.

That's why the human body can also produce it.

#### But always adequately?

Normally the organism's requirement can be covered with a balanced diet. Whilst this statement is correct, it is only theoretically so when comparing the supply side (normal foods) with demand (the demands a modern lifestyle including stress and environmental factors place on our energy resources).

However, if the supply of micronutrients is insufficient - including various vitamins and trace elements – as is often the case, you should supplement.

For Co Q10 the amounts taken in through regular food is only 2-3 mg/day. This is not enough to compensate for an existing deficiency which

will then quickly impair organ function. For NADH the percentage taken in through food is even less. (Destroyed by cooking and stomach acid during digestion.)

#### This particularly affects:

- Pregnant women
- Nursing women
- People exposed to physical strain (illness, convalescence)
- Athletes and (nowadays particularly: mental) heavy labour
- Persons under stress
- Strict vegetarians (foods made from animal products contain more Co Q10 and NADH than plant-based)
- Patients taking medications long-term
- Smokers, persons consuming alcohol
- (Elderly) people with malnutrition and vitamin deficiency

#### In other words - preventive dietary supplements are particularly important for two groups:

**The first group** is anybody exposed to extreme stress. This can be physical or mental exertion, psychological stress and illness. But also exposure to pollutants due to environmental factors or from the metabolism (for example oxygen deficiency). After all, this jeopardises the existence and functionality of cell structures. (Resulting in illness and premature ageing.)

**The second group** is anybody wishing to maintain a certain vitality level and to prevent attrition as they age. With increasing age not only the natural production of Co Q10 and NADH decreases – cell regeneration also slows considerably.

As a result, the cells have to do their job with less Q10 and NADH for increasing periods. (The mitochondria count also declines.) Adding the unique Co Q10 Magic Power® is an effective way of counteracting this age-related process.

**One specific problem is seen in high cholesterol patients** (= high cholesterol). After all, many are treated with statins, a group of medications to lower cholesterol. But the body's synthesis of Q10 and cholesterol – except for the last steps – are absolutely identical.

However, the reduced formation of cholesterol due to statins almost always also results in Q10 deficiency. Some of the numerous side effects of statins are probably related to Q10 deficiency and can be prevented by taking Co Q10.

After all, Japan is already using combination products containing statins and Q10. And since Co Q10 deficiency is not uncommon in several heart diseases, taking coenzyme Q10 Magic Power® with its scientifically patented effect can particularly be recommended for all patients with coronary heart disease, cardiac insufficiency and those being treated with statins.

This type of dietary supplement provides the required amount, particularly whilst under physical stress and for patients who have suffered a stroke or heart attack. It is advisable to prevent degenerative heart diseases, e.g. heart failure in middle-aged people.

Most recent studies also substantiate the fact that obese people have a lower level of Q10 in their tissue than those with a normal weight.

Before we analyse the components of the formula and how they interact, we would also like to note a general characteristic:

The combined effect of Co Q10, NADH and the other vitamins and trace elements does not only boost energy production to full blast. They also protect the cell and its structures.

And just as the impact Co Q10 on the functional range of the heart should particularly be noted, the same applies to NADH with regards to many aspects of the nervous system. So NADH is important for our mental performance and health. Add to this the specific importance of protecting the liver, which bears the brunt in all detoxification processes in the body.

## Composition of our formula:

### 1. Coenzyme Q10 (ubiquinone)

**As stated above, coenzyme Q10 is key in generating energy.**

To understand this, you must first understand what a coenzyme is. Coenzymes are found in all of the complex processes of the “chemicals factory”, the body. They support enzymes, the substances which trigger and control the chemical processes. But they do it in a way which increases the speed and efficiency of the reactions by several fold.

The same applies to coenzyme Q10, which controls a chain reaction of processes in the mitochondria, so-called “internal breathing”. (An electron transfer which builds electrical tension.) This then leads to forming the high-energy bond ATP.

This is in a manner of speaking the currency in which energy stores are deposited in the cell. Coenzyme Q10 is involved in virtually all processes of organic energy recovery. 95 % of the body's entire energy only becomes available through Co Q10.

**But Co Q10 also has other important functions.** Above all, it's a (powerful) antioxidant. Meaning, it protects the cells against damage from aggressive chemical oxygen compounds. These so-called “free radicals” enter the body from outside in form of foreign substances but are also by-products of many metabolic processes.

The antioxidative and energising effect of Co Q10 prevents inflammation and other risk factors of degenerative diseases. It boosts fat burning, prevents the harmful oxidation of LDL cholesterol and is beneficial for the blood sugar level. This particularly protects the cell structures of the heart, nerves, blood vessels and muscles.

**Coenzyme Q10** is a substance similar to vitamins found in many (particularly animal-based) foods in small amounts and is also produced by the body.

But in many people the blood count of Q10 is now often below the norm of 0.8 micromole/L. (A value > 1.2 micromole/L is best.)

Now, if the requirement exceeds the actual supply, as seen when ill, during regeneration or under stress from work or sports, the body needs additional help. Even a healthy person can easily develop a deficiency. With increasing age the body's production decreases and the amount found in natural food is insufficient.

All organs and all tissue require Co Q10. But those with the greatest need for Co Q10 are the heart and the brain. Even a 5-10% decline in the supply can already impair heart function. As previously mentioned, this situation is often exacerbated by taking statins (a class of cholesterol inhibitors), which reduces the body's production of Co Q10 to nil.

The same applies to the brain, or our mental capacity. Thinking, memory, attention - these are all functions which require supplying the nerve cells with large amounts of energy.

### 2. NADH (nicotinamide adenine

**dinucleotide) NADH is also referred to as**

**coenzyme Q1.**

This is another key factor in energy production inside the cell. Strictly speaking, it precedes Co Q10, as it controls chemical processes immediately prior to “inner breathing”.

In a way it even overrides it. After all, it can regenerate consumed Co Q10. But more importantly it converts Co Q10 into the proper chemical form so it can work correctly. Otherwise it's not an antioxidant but a harmful oxidising substance. (Importance of the combination and the correct form of Co Q10!)

NADH further performs important tasks regulating and protecting cellular structures. This particularly applies to repairing the damaged genetic make-up, DNA. (Which prevents potentially perilous degeneration processes of cells: preventing cancer.) NADH is the strongest antioxidant inside the cell. It helps prevent many chronic degenerative conditions (such as rheumatoid arthritis, arteriosclerosis).

NADH also helps with detoxification. It regenerates the substance L-glutathione, the key element for the most crucial of all detox enzymes. (Including protecting the detoxifying organ, the liver, from damage from consuming alcohol, for example.)

Like Co Q10, NADH is also found in natural food, more so in animal-based than plant-based. But again, the actual requirement is slightly higher than the supply. Heart muscle cells for example require 90 micrograms per gram of mass, brain cells 50 micrograms. An increased supply of NADH should also significantly increase ATP, or energy.

**As expected, an experimental study at the University of Freiburg (Grothwohl et al., 20009) on athletes showed:**

- reduced oxygen consumption and improved oxygen supply
- increased lung capacity
- more muscular energy and
- mental sharpness
- faster reaction

NADH further plays a special role in the body's production of the messengers/neurotransmitters dopamine, serotonin, adrenaline, noradrenalin and melatonin. All these are significant to our activation and alertness, and vice versa to relaxation and sleep. They are furthermore beneficial for thinking and memory. Using NADH improves focus, intellectual capacity and increases brain power long-term.

Last not least, it also improves the emotional state: improving vitality and the libido. Which is why dopamine is also referred to as the “happiness hormone”. It is the messenger for the brain's self-gratification system.

Other important functions of NADH are regulating blood sugar, lowering the total cholesterol level and particularly the LDL level, boosting the immune system, and increasing the production of the messenger NO (nitrogen oxide) in the vessels, which then improves circulation.

### 3. Other important factors of producing energy are B-vitamins. (Which are for example also involved in producing Co Q10.)

A brief word on “vitamins” in general. In 1911 Funk, who discovered them, defined them as substances which the organism itself is unable to produce itself (with some exceptions). They're also required for a number of processes – typically as a constituent of coenzymes.

Too bad: its original capacity for synthesis has been lost throughout evolution due to mutations. So it now needs to be taken in through food. But with some the supply situation is a bit precarious and a deficit then has profound consequences.

This is clearly the case with B-vitamins. Here, a deficiency can be critical for energy production. After splitting food (fat, carbohydrates and proteins) into simple elements, an intermediate is now particularly found in the cell.

This acetic acid, however, requires several cofactors to be introduced and processed further during the next steps of digestion. Apart from B-vitamins these also include trace elements such as iron and magnesium.

Access is limited, just as in a bottleneck.

### **Vitamin B 1 (thiamine)**

Vitamin B1 is one of the factors in this situation before energy is produced. Without vitamin B1 the following processes can't take place.

Apart from this, the focus of B1 is metabolising carbohydrates. This makes it particularly important for neurology: the nerve cells, neurons, get their food from the simplest carbohydrate, glucose. Vitamin B1 is further involved in forming the protective sheath for nerve cells along with synthesising various neurotransmitters/messengers.

It is further involved in protein metabolism – such as being particularly needed to produce immune cells.

### **Vitamin B 2 (riboflavin)**

is even more important for producing energy for the cell. (It is an essential factor in the “bottleneck, but also in the “internal chain of breathing”). In the chain of breathing, two of its derivatives further play a similar, though subordinate, role as the NADH.

Along with vitamin B6, B9 and B12, B2 is involved in controlling the homocysteine level in the blood, a risk factor for developing arteriosclerosis. It serves the growth of healthy tissue and as an antioxidant protects the mucosa, skin, nerves and eyes (particularly from cataracts). Other important functions are detoxification. It further plays a role in the immune system and is important for forming red blood cells and producing the hormone adrenaline.

### **Vitamin B 3 (a compound of the chemically related substances niacin/nicotonic acid and nicotinamide)**

Is important for producing energy: Function as coenzyme (bottleneck situation). It is further an important resource for the body's NADH production (and another important coenzyme). At the same time it has antioxidative properties and is an element in the liver's detox enzymes. Other effects are:

- lowering blood fat counts,
- regulating the blood sugar level,
- dilating blood vessels (lowering the blood pressure), as well as
- helping to maintain the body's calcium balance.

### **Vitamin B 12 (cobolamin)**

is extremely important for supplying energy and nutrients throughout the metabolic process. It is particularly essential for synthesising proteins, thus for example also for correctly producing red blood cells.

This also includes building the neurotransmitters/messengers dopamine and serotonin and myelin, the protective sheath for nerve cells. (Like all B-vitamins, it supports healthy nerves.)

Another function is to detoxify homocysteine, a risk factor for developing arteriosclerosis in the vessels. It further helps lower the blood sugar level.

One extremely important aspect of the effects of vitamin B12 has not been mentioned: it supplies the key antidote to nitrosative stress. Meaning intercepting aggressive nitrogen compounds in the body. These are similar to the aforementioned oxygen free radicals. Both amplify each other or in part bond into even more toxic substances. The resulting damage to the genetic make-up and to the mitochondria in the cell are the root of many chronic diseases.

### **Vitamin B 6 (pyridoxine)**

As a coenzyme occurs in the metabolism of carbohydrates, fats and proteins. (Forming many building blocks in the body: hormones, messengers, blood, skin, connective tissue, cartilage). It's involved in forming ATP, as well as nucleic

acids, the building blocks of the genetic make-up/DNA and RNA. It further promotes reducing histamine – thus counteracting inflammation and many allergic reactions and is involved in lowering the homocysteine level.

One particularly notable aspect is its role in diabetes. An adequate supply of vitamin B6 prevents glycated proteins, which pathologically alter the structure of the tissue. (Including those of haemoglobin, which is responsible for transporting oxygen in the blood.)

### **Vitamin B 5 (pantothenic acid)**

Also plays a certain role in the processes of producing energy, but is particularly involved in metabolising carbohydrate and fat: reducing and transporting, as well as increasing lipids/fats (hormones, vitamins, certain elements of the nerves).

It is further involved in synthesising amino acids and proteins (such as haemoglobin in the blood, antibodies in the immune system, and certain neurotransmitters/messengers).

It is particularly beneficial to the mucous membranes and skin. Pantothenic acid for example is shown to improve skin hydration.

## **4. Other important vitamins and trace elements now complete the range of effects of the formula:**

### **Vitamin E (tocopherols/tocotrienols)**

Inhibits the oxidative effect of oxygen free radicals, particularly in plasma membranes. Like vitamin B12 and selenium it also counteracts toxic nitrogen compounds. So it protects the muscles and nerve cells (including the brain) and also slows the ageing process. Its protective properties are particularly effective in the eye (macular degeneration, cataracts). It stops oxidation processes caused by light, particularly UV rays.

Along with vitamin C it provides antioxidative protection for the heart and vessels. As a natural blood thinner it counteracts thromboses (preventing a heart attack or stroke). But careful taking medications with a similar effect, such as phenprocoumon!

It further boosts collagen in the skin for a fresher, younger look. (Along with Co Q10 and vitamin B5.) It aids cell regeneration and healing processes in the skin, connective tissue and muscles. Combined with selenium it's able to reduce inflammation.

Finally, it prevents protein glycation and prevents diabetes. (Since it improves glucose tolerance and insulin sensitivity of the somatic cells).

### **There are 2 types of vitamin K:**

#### **Vitamin K1 (phyloquinone) and vitamin K2 (menaquinone)**

Most of their functions overlap. People therefore also simply speak of one vitamin instead of two. But there are minor differences, at least in weighting their functions.

Vitamin K plays a key role in blood clotting (therefore again, careful when also taking blood thinners), and combined with vitamin D also in regulating the bone metabolism. Interestingly, it's not only effective against bone decalcification, but also against calcification of the vessels and tissues. (Preventing osteoporosis, heart disease and circulatory disorders).

Along with benefiting bone modelling hormones, it also lowers the blood sugar level. At a gene level it affects cell division or even on the self-destruction of degenerated cells. (Preventing cancer)

It inhibits inflammation of the ventral nervous system and helps build the plasma membrane of neurons. Just recently it was discovered to be indispensable for intestinal health. Due to the numerous links between the intestines and the brain it is therefore ascribed an additional function with respect to mental health.



### **Vitamin D3 (calciferol)**

In the strict sense, vitamin D3 is not actually a true vitamin but is also produced by the body - by the skin, with sun exposure. It is further found in animal-based foods. (Ultimately, vitamin D2 in plant-based food is also converted into D3.) And yet blood tests often detect deficiencies. Based on its function it's technically a universal hormone. It is found in most tissues, and has been shown to have a controlling function in a plethora of genes.

It primarily regulates the calcium-phosphate balance, thus preserving the bone system. Calcium is also responsible for the excitability of nerves and muscles. There therefore is a clear connection between the amount of available vitamin D and the measured muscle strength. It benefits the function of heart cells (by replenishing their calcium stores) and over time even their structure.

Overall, vitamin D promotes cell growth in many tissues, whilst also stimulating the self-destruction of degenerated cells and countering their spread. For this it stimulates the autodigestion of catabolised cell components and boosts the body's immune response. But it also regulates their excessive reactions and reduces inflammation. All this is relevant in preventing cancer.

Not least it also works in several areas of the hormonal and neuronal regulation of the organism. This determines the current state of activation (for example when stressed), but also relaxation. It has similar effect in controlling blood pressure in the kidney.

In the brain, vitamin D regulates the growth of the actual neurons and also those cells which in turn protect and supply the nerves.

### **Selenium is an essential trace element.**

It is involved in many cell regeneration processes. (Repairing the DNA, blocking pathological genes, self-destruction of degenerated cells.) It therefore plays an important role in preventing cancer.

It stimulates the body's immunocompetence and counteracts inflammation (for example particularly combined with vitamin E for arthritis). Perhaps its most important function is detoxification (in conjunction with the aforementioned vitamin E and L-glutathione). After all they all enable various enzymes to neutralise toxic substances such as heavy metals.

This trinity is further particularly effective in fighting nitrosative and oxidative stress (so from azotic and oxygen radicals). This protects the membranes and structures of the cell, particularly also the lining of the vessels and red blood cells.

The detoxification of course particularly affects the organ where all these processes take place, the liver. Selenium serves their self-protection and counteracts the development of cirrhosis. It's no coincidence high levels of selenium are also found in the eye. Its antioxidative potential to UV light, for example, protects against cataracts and macular degeneration.

High concentrations can also be found in the thyroid. After all, selenium is a component of an enzyme which converts and activates thyroid hormones. Autoimmune diseases of the thyroid can be linked to a selenium deficiency.

Selenium also regulates hormone release in other organs (such as the pancreas and adrenal gland): thus its effect on the blood pressure and blood sugar level. Selenium lastly also enables recycling depleted Co Q10 in the body. (Altogether the various antioxidants are interrelated in a complex manner, even with mutual regeneration.)

### **Zinc, another essential trace element.**

It is an active component in over 300 different enzymes. Many are involved in cell regeneration and also in the genetic make-up. In many ways, zinc is involved in the metabolism of carbohydrates, proteins and fats. It particularly plays a role in synthesising proteins. These are then used to form enzymes, carrier proteins (such as haemoglobin), hormones, neurotransmitters and other messengers.

It helps build bone (along with vitamin K), produce collagen in the skin and connective tissue, and among other things also ensures better cell connection in the tissue. Building cartilage particularly requires zinc, vitamin B6 and magnesium. In the metabolism of skin, hair and nails it plays a special regulating function. The presence of zinc determines the thickness and stability of hair.

### **Even tissue repair is linked to an adequate supply of zinc.**

One special aspect of its effect is its role in hormone production: of thyroid, growth and sex hormones, and of insulin and its antagonist glucagon in the pancreas. It then plays a special role in the storage and release of insulin and its transport in the blood. Zinc therefore is a key factor when it comes to stopping insulin resistance of the body's cells (preventing diabetes).

### **Zinc also directly affects the fertility of men and women, potency and libido.**

It is key for the immune system. The body's susceptibility to infection largely depends on the supply of zinc. After all, virtually all defence cells require zinc for their activity. In many ways, zinc also affects the nervous system, thus mental fitness. The synthesis of certain messengers, regulating receptors in synapses (junctions between nerve cells), as well as protecting neuronal structures and eliminating harmful protein structures only occur with the influence of zinc-bearing enzymes. An essential part of their activity is also detoxification (of heavy metals, ammonia, alcohol).

Zinc is furthermore a powerful antioxidant, for example in the eye, where it particularly protects the retina. Along with vitamin A it plays an important role in adapting to poor lighting (dark adaption). High levels of zinc are also found in the blood. Here it is one of the factors in maintaining an acid-base balance.

### **D-Ribose is a simple sugar.**

It is the matrix from which ATP is formed. However, as mentioned above, this represents the stored form of the cell energy produced. The energy released in form can only be bound in form of ATP if the ribose reserves are always adequate.

### **Evening primrose oil is a valuable plant oil made from the seeds of the evening primrose (Oenothera biennis).**

It is rich in polyunsaturated fatty acids and has an anti-allergenic and anti-inflammatory effect. The body uses it to produce lipids such as plasma membranes and hormones, among other things.

### **But there is a further reason behind adding evening primrose oil to Co Q10 Magic Power:**

It bonds (in an emulsion) to other fat-soluble components in the formula (vitamins E, D3, K1 and K2, as well as the main active ingredient, coenzyme Q10). This enables better absorption through the digestive system or faster intestinal passage. This is then also seen in better measurability/availability in the blood.

But complete and easy absorption by all of the cells in the body is key. After all, the more unsaturated fatty acids they contain, the more the membranes of the cell and their organelles (along with the mitochondria) open up. So the substances involved pass quickly and unhindered. This is precisely what evening primrose oil does.

### **Stevia is a natural sweetener.**

It's made from the leaves of the Stevia rebaudiana plant. Stevia is 300 times sweeter than sucrose (cane or beet sugar). Yet it has zero calories. Unlike many artificial chemical substances approved as sweeteners, it has no known health risks.

### **Coenzyme Q10 Magic Power® contains no artificial flavouring, preservatives or dyes.**

# HIGH DOSE

420mg CO Q10 20mg NADH Q1



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- ✓ All products are made in Germany to ensure top quality.
- ✓ Q10 Magic POWER® is further certified and certificates on the safety of ingredients have been issued for all products.
- ✓ The raw materials used were microbiologically tested according to CMO.

 Our product is also available at your local pharmacy

**Dietary supplement: NDC No. 12740676**

Find lots of other products on our website.

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**Q-CELLPOWER®**

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