THE POWER OF NATURE
HIGH DOSE

420mg Coenzym Q10 (Ubiquinon) · 20mg Q1 NADH

VEGAN

- Easy to use: just one drinkable ampoule per day
- Strengthens and activates the body's own protective functions
- Boosts stamina during sports, at work, and in everyday life
- Supports the body for more power in every situation
- Natural activator for body and mind
- Boosts well-being for more vitality in life

Product information for professionals

Food supplement:
PZN No. 19556527

RECHARGE YOUR ENERGY AND LIVE HEALTHIER – WITH OUR ALL-ROUNDER:

Q10 MAGIC POWER®
Q-CELLPOWER®

Q10 MAGIC POWER · DAS ORIGINAL · Q CELLPOWER
VON DER NATUR FÜR DIE NATUR
TEXTE, FOTOS UND BILDER SIND URHEBERRECHTLICH GESCHÜTZT

MADE IN GERMANY SINCE 1991

DIE KRAFT AUS DER NATUR

NO ANIMAL TESTING

PREMIUM QUALITY

Tested for:
- ✔ Raw materials: Microbiology, GMO
- ✔ Product: Expert report, content levels
- ✔ Packaging: Labeling
- ✔ Manufacturer: Certified

HIGH-DOSE

420 mg Co Q10 (ubiquinone) · 20 mg Q1 NADH

Co Q10 & Q1 NADH REQUIREMENTS

In addition to the decline in the body's own production of Co Q10 & Q1 NADH from the age of 20 onwards, the following conditions are currently known in medicine to be associated with a deficiency of Co Q10 & Q1:

- Coronary heart disease, angina pectoris
- Heart failure (the higher the stage, the more pronounced the deficiency)
- Cardiovascular complaints/diseases
- Atherosclerosis / arterial calcification
- Chronic exhaustion (burnout syndrome, chronic fatigue syndrome)
- Chronic lung diseases (asthma, chronic obstructive bronchitis)
- Overweight, elevated blood lipid levels (obesity)
- Diabetes mellitus (especially withpolyneuropathy)
- Liver diseases with impaired synthesis capacity
- Parkinson's disease (the more severe, the lower the Co Q10 level), muscle weakness
- Alzheimer's disease
- Tinnitus (particularly low Co Q10 levels are found here)
- Migraine, headaches
  Tumours, cancer, chemotherapy
- Hypercholesterolaemia (especially when treated with statins)
- Mitochondrial defects
- Gum disease, periodontitis
- Skin diseases
- Eye diseases (e.g. cataracts)
  Rheumatoid arthritis
- Chronic smoking

Do you recognise these conditions?

- Cancer (tumour diseases)
- Stroke
- Parkinson's disease
- Heart failure (including coronary heart disease)
- Impaired brain function / cognitive weakness
- Multiple sclerosis (MS)
- Diabetes
- Weakened immune system
- Muscle weakness (myopathy)
- Osteoporosis
- Blood pressure problems
- Elevated cholesterol levels
- Rheumatic diseases
- Sexual weakness / reduced sexual performance (poor stimulation in men and women)
- Reduced male fertility
- Migraine and tinnitus
- Chronic exhaustion (burnout syndrome)
- Chronic lung diseases
- (Asthma, bronchitis)
- Obesity (elevated blood lipid levels)
- Liver diseases
- Eye disorders
- Gum problems
- Skin diseases
- Psychological stress (depression)
- DNA damage
- Other conditions, e.g. a damaged nervous system

As a preventive measure, Co Q10 is used particularly in connection with degenerative heart conditions such as heart failure in middle-aged and older people. More recent studies indicate that Co Q10 levels in the tissue of people with obesity are significantly lower than in people of normal weight. Restoring an adequate Co Q10 level of between 1.5 and 2.0 mg/l in the blood can help meet increased requirements with Q10 MAGIC POWER®.

By restoring an adequate Co Q10 level, which in healthy individuals is between 1.5 and 2.0 mg/l in the blood, the increased requirement can be met with the help of Q10 MAGIC POWER®. This may have a positive effect on the course of the condition and help to prevent the disease from progressing or provide a preventive effect.

No harm is expected from taking Co Q10 and Q1 NADH, even in the event of accidental overdose, particularly as no side effects are known.

The activator for brain cells – scientifically demonstrated bioavailability.

The spark for energy and performance – onset of action demonstrated in studies within 30 minutes!

In addition to the age-related decline in Co Q10 levels, severe physical or mental demands can also cause a deficiency of Co Q10 and Q1 NADH and make supplementation necessary.

Such demands include:

- Pronounced psychological stress (family, work)
- Extreme physical exertion (athletes, heavy physical work)
- Unhealthy lifestyle (smoking, alcohol)
- Chronic illnesses (diabetes, rheumatoid arthritis, heart failure)
- Cerebral functional decline (e.g. dementia syndrome, Alzheimer's disease)

In addition, due to the good absorbability of Q10 MAGIC POWER®, its use may be particularly beneficial for individuals with gum problems. This may help to stimulate the healing process by activating energy-rich processes in the cells of the oral mucosa and to treat local inflammatory reactions directly at the affected site.

As with the systemic absorption of Co Q10 into the bloodstream, uptake by the cells of the oral mucosa is enhanced by the addition of evening primrose oil in combination with vitamin E.

From the above, it can be concluded that, in contrast to other Q10 preparations, Q10 MAGIC POWER® finally provides a dietary supplement with demonstrable bioavailability. This clear advantage may be significant for users, as it supports the cells' self-healing processes through mitochondrial activation.

Q10 MAGIC POWER® Q-CELLPOWER®
CELLULAR LONGEVITY

Q-CELLPOWER® combines Co Q10, NADH, D-ribose, evening primrose oil and 17 vitamins and minerals in liquid form in a 25 ml ampoule.

THE FORMULA AT A GLANCE

Each 25 ml ampoule of Q-CELLPOWER® contains:

- 420 mg Co Q10
- 20 mg NADH
- 1.000 mg D-Ribose
- 1.000 mg Nachtkerzenöl
- 17 vitamins and minerals

THE CONCEPT

01 — CELLULAR ENERGY

Q-CELLPOWER® combines coenzyme Q10, NADH and D-ribose with selected B vitamins.

Vitamins B1, B2, B3, B5, B6 and B12 contribute to normal energy-yielding metabolism. Niacin, pantothenic acid, vitamin B6 and vitamin B12 also contribute to the reduction of tiredness and fatigue.

02 — CELLULAR PROTECTION

Q-CELLPOWER® provides selected micronutrients for cellular protection:

- 60 mg vitamin E
- 55 µg selenium
- 10 mg zinc
- 1.4 mg vitamin B2
- 2 mg manganese

Vitamin E, selenium, zinc, vitamin B2 and manganese contribute to the protection of cells from oxidative stress, provided that the legal requirements for the use of the respective claims are met.

03 — CELLULAR FUNCTION

The vitamins and minerals it contains contribute to numerous normal bodily functions, including:

- Energy metabolism and nervous system
- Immune system and blood formation
- Bones, skin, hair and nails
- Thyroid function
- Cell division and DNA synthesis

Vitamin D, folic acid, vitamin B12 and zinc have a role in the process of cell division.

TELOMERES AND TELOMERASE

Telomeres and telomerase are important areas of research in modern cell biology.

However, Q-CELLPOWER® is not marketed as a product for lengthening telomeres, activating telomerase or influencing the ageing process.

OUR COMMITMENT

Q10 MAGIC POWER® Q-CELLPOWER® combines an exceptional blend of selected ingredients with authorised claims relating to the vitamins and minerals it contains.

Energy. Cellular protection. Future.

IMPORTANT NOTICE: Q-CELLPOWER® is a food supplement and not a medicinal product. The health-related statements refer exclusively to the vitamins and minerals it contains, in accordance with applicable legal requirements.

WHAT HAPPENS WHEN THE CELL LOSES ITS DYNAMISM? WHEN ENERGY BECOMES SCARCE?

NOTHING GOOD: WE LOSE OUR QUALITY OF LIFE. BUT WITH Q10 MAGIC POWER® EVERYTHING GETS BETTER AGAIN.

When individual cells do not have enough energy available, the system of cells – our organism – can only operate at reduced capacity. Many tasks can no longer be performed, or only inadequately. No cell can rely on the others when they all face the same shortage. The rhythm of life is lost. Before serious damage occurs, action should be taken. How can the system be brought back on track? By providing more energy to the individual cells. Q10 MAGIC POWER® brings every cell to a new energy level. The system receives the update it has needed for a long time.

WHEN EVERYONE WORKS TOGETHER, WHAT HAPPENS THEN?

THEN THE ENTIRE SYSTEM IS SUPPORTED.

IMPORTANT NOTICE: Q-CELLPOWER® is a food supplement and not a medicinal product. The health-related

FOOD SUPPLEMENTS ONLY HELP WHEN THE ACTIVE INGREDIENT REACHES ITS TARGET!

Q10 MAGIC POWER® CAN ACHIEVE THIS IN TWO WAYS:

1. High active-ingredient content:

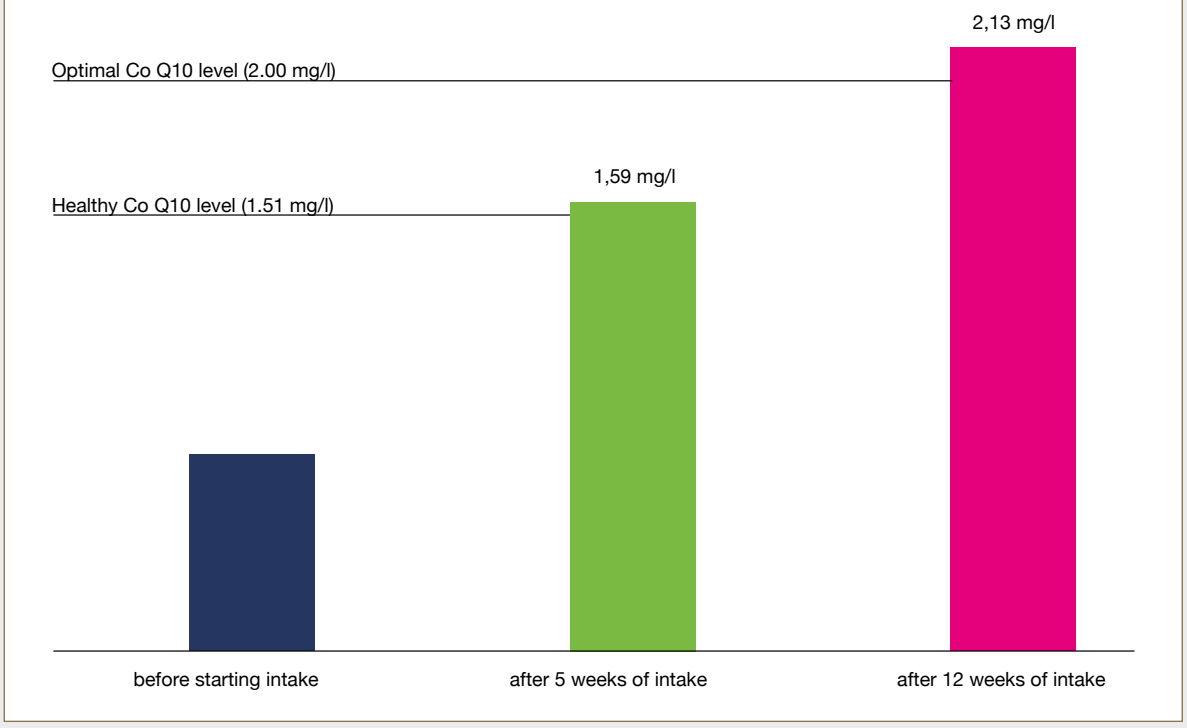
The natural colour of coenzyme Q10 ranges from yellow to orange. The more intense the orange colour, the more of the substance the preparation contains. **With Q10 MAGIC POWER® this is visible: pay attention to the colour!**

2. Dosage form

Its dosage form is specially designed for optimal absorption by the human body.

Average blood ubiquinone Co Q10 level after taking 25 ml of Q10 MAGIC POWER® drinking emulsion per day

Average values for 18 participants



Using a specially developed process, Q10 MAGIC POWER® has succeeded in increasing the otherwise usual absorption rate of Co Q10 from less than 5% to more than 40%. (The fat-soluble vitamins D and E also show demonstrably higher absorption.)

statements refer exclusively to the vitamins and minerals it contains, in accordance with applicable legal requirements.

THE Q10 LEVEL

As physical and mental demands increase, with advancing age or as a result of illness, Co Q10 levels in the blood and organs decline. Restoring a Co Q10 level of between 1.5 and 2.0 mg/l in the blood (see table below) can significantly improve physical condition.

Energy is eternal joy

During stress- and/or age-related exhaustion or micronutrient deficiencies, the body requires additional support. This is precisely when additional energy and rapid support for energy metabolism are needed. The cell is the building block of the body, the seat of life. All its functions depend on an adequate supply of energy. This is provided by biochemical processes taking place in the mitochondria, the powerhouses of the cell.

Medical and scientific studies have shown that Co Q10 and Q1 NADH are indispensable for energy production. With Co Q10, you support your energy balance and thereby contribute to a healthy and happy life.

Easy to use: just one drinkable ampoule per day

Strengthens and activates the body's own protective functions

Boosts stamina during sports, at work, and in everyday life

Supports the body for more power in every situation

Natural activator for body and mind

Boosts well-being for more vitality in life

IMPORTANT NOTICE: Q-CELLPOWER® is a food supplement and not a medicinal product. The health-related

THE Q10 MAGIC POWER® STUDY

In a study involving 18 subjects across various age groups, Co Q10 levels in peripheral blood (blood cells within the blood vessels) were measured before supplementation began and again after five and twelve weeks of taking Q10 MAGIC POWER® Q-CELLPOWER®. For twelve weeks, the subjects consumed one 25 ml ampoule of Q10 MAGIC POWER® Q-CELLPOWER® daily, containing 420 mg of Co Q10 and Q1 NADH.

The study results from the 18 subjects—comparing levels before and after Co Q10 intake—reveal that almost all participants started with baseline Co Q10 levels that were too low.

The cause: our highly processed diet, which often prioritizes high production volumes and lacks essential vitamins and trace elements.

After five weeks of supplementation, a highly significant increase in blood Co Q10 levels was detected (Wilcoxon signed-rank test; see figure).

Q10 MAGIC POWER® Q-CELLPOWER® demonstrates a good to very good ability to penetrate the intestinal wall—which is lined with an aqueous layer—an effect not observed with most other Co Q10 formulations, as only 3% of the ingested amount from those products can be absorbed into the bloodstream.

Subjectively, three-quarters of the subjects reported rapid recovery after a 10 km run.

This effect can be readily explained by the supply of Co Q10 to the mitochondria—the organelles within muscle cells—as this leads to a demonstrable increase in the production of ATP (adenosine triphosphate), the essential energy carrier that is then available to meet subsequent demands for physical performance.

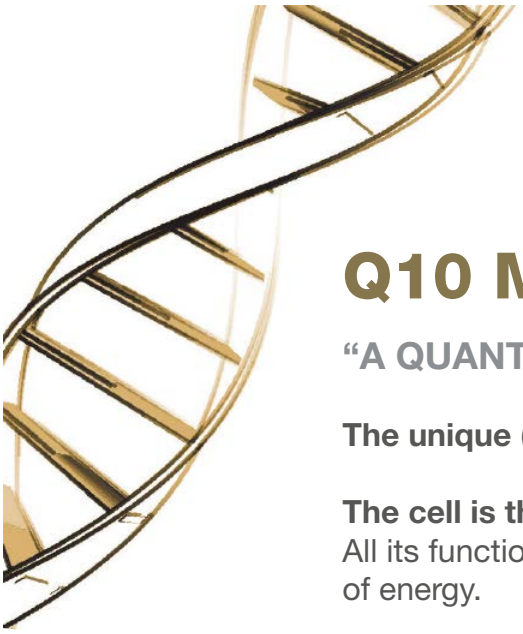
Average mean Co Q10 levels

Physical condition	Co Q10 level in mg/ml
Healthy Co Q10 level	**1,51**
Coronary heart disease	0,60
Angina pectoris	0,55
High blood pressure	0,64
Heart failure (stage IV)	0,28
Artificial nutrition	0,35
Various allergies	0,65
Glycogen storage disease	0,35
Chronic lung diseases	0,33
Chronic exhaustion	0,48
Overactive thyroid	0,50
Chronic stress (psychological/physical)	0,40
Obesity	0,45
Parkinson's disease (stage II)	0,54
Parkinson's disease (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
Competitive athletes	0,60

Co Q10 levels after daily intake of 25 ml Q10 MAGIC POWER®

Participant	before starting intake	after 5 weeks of intake	after 12 weeks of intake
1	0,87	2,26	2,76
2	0,47	2,76	2,85
3	0,65	1,86	2,25
4	0,51	1,09	2,15
5	0,71	2,10	2,65
6	0,81	1,80	1,91
7	0,77	1,30	1,80
8	0,69	1,66	1,98
9	0,84	1,71	2,33
10	0,87	1,18	1,86
11	0,66	1,69	2,31
12	0,78	1,00	1,45
13	0,81	1,34	1,76
14	0,59	1,01	1,81
15	0,66	1,32	2,05
16	0,71	1,57	2,16
17	0,51	1,44	2,05
18	0,66	1,32	1,97

Data from 18 participants before and after taking Q10 MAGIC POWER® Drinking emulsion, 25 ml per day (period: 5 and 12 weeks)



Q10 MAGIC POWER®

"A QUANTUM LEAP IN BIOMEDICINE"

The unique (patented) Coenzyme Q10 MAGIC POWER®

The cell is the seat of life.
All its functions depend on an adequate supply of energy.

Which elements are responsible for an optimal energy supply? Our formula is the answer to this question.

In a unique way, it combines all the essential factors required for energy production in the cell. In addition, they are present in a form that can be absorbed quickly and efficiently by the body. This ensures that sufficient energy is available whenever it is needed.

Above all, there are two key substances that complement one another – and whose combination, in adequate quantities, is not found in any other preparation.

These are coenzyme Q10 in the form of ubiquinone (also called Co Q10) and Q1 NADH (also called Q1 NADH). What does the organism need? Water, oxygen, and food.

At the cellular level, the body's building blocks and the necessary energy are generated from these substances. The latter process takes place in the mitochondria—the cell's "power plants."

This is where Co Q10 and Q1 NADH play a crucial role: they act as the spark that gets the engine running.

It all seems quite simple: both are synthesized by all living cells and are therefore found in all kinds of food (both animal and plant-based). The same applies to the substances from which they are made.

That is precisely why the human body is able to produce them itself.

But does this always happen to a sufficient extent?

Under normal circumstances, the body's needs can be met through a balanced diet. While this statement is correct, it remains theoretical when one compares supply (a conventional diet) with demand (the energy requirements imposed by a modern lifestyle, including stress and environmental factors).

However, if the supply of micronutrients—including various vitamins and trace elements—is inadequate (as is often the case), supplementation is advisable.

In the case of Co Q10, the amount obtained from a normal diet is only 2–3 mg per day. This is insufficient to correct an existing deficiency.

Yet such a deficiency can very quickly impair organ function. With Q1 NADH, the amount obtained through diet is even lower (due to destruction during cooking and by stomach acid during digestion).

Those particularly affected include:

- Pregnant women
- Breastfeeding women
- People under physical strain (illness, convalescence)
- Competitive athletes and people with high physical or mental demands
- Stressed people
- People following a predominantly or exclusively plant-based diet (animal foods contain more Co Q10 and Q1 NADH than plant foods)
- Patients who need to take medication
- long-term Smokers and people who consume alcohol
- (Older) people with nutritional and vitamin deficiencies

In other words: preventive supplementation is particularly important for two groups

The first group comprises individuals exposed to significant strain—whether physical or mental exertion, psychological stress, or illness. It also includes exposure to harmful substances resulting from environmental factors or metabolic processes (such as oxygen deficiency). Such factors jeopardize the structural integrity and functional efficiency of cells, potentially leading to disease and premature aging.

The second group consists of individuals who wish to maintain their vitality as they age and prevent signs of wear and tear. Advancing age brings not only a decline in the natural production of Co Q10 and Q1 NADH but also a significant slowdown in cell renewal.

Consequently, cells must continue to function for longer periods with diminishing supplies of Co Q10 and Q1 NADH (while the number of mitochondria also decreases). Supplementing with the unique Q10 MAGIC POWER® effectively counters this age-related process.

A specific issue arises for patients with hypercholesterolemia (elevated blood cholesterol levels). Many of these patients take statins—a class of cholesterol-lowering drugs—as part of their treatment. However, the body's synthesis pathways for Co Q10 and cholesterol are virtually identical, except for the final steps.

As a result, the reduction in cholesterol production caused by statins is often accompanied by a Co Q10 deficiency. It is believed that some of the numerous side effects associated with statins may stem from this Co Q10 deficiency and could be prevented by supplementation.

Indeed, combination products containing both statins and Co Q10 are already available in Japan. Given that Co Q10 deficiency is frequently associated with certain heart conditions, taking Q10 MAGIC POWER®—with its scientifically patented mechanism of action—is highly recommended for patients suffering from coronary heart disease or heart failure, as well as those undergoing statin therapy. This form of nutritional supplementation ensures that requirements are met, particularly during periods of physical stress and especially for patients recovering from a stroke or heart attack. It is highly recommended for the prevention of degenerative heart conditions—such as heart failure—in middle-aged individuals.

Recent studies also confirm that Co Q10 levels in the tissues of overweight individuals are lower than those found in people of normal weight.

Before we analyze the formula's individual components and how they interact, it is worth noting a general characteristic:

The combined effect of Co Q10, Q1 NADH, and the other vitamins and trace elements is not merely to drive energy production into high gear; they also protect the cell and its structures.

Just as the application of Co Q10 warrants special emphasis regarding cardiac function, Q1 NADH is particularly significant for many aspects of the nervous system. Q1 NADH is therefore crucial for our mental performance and health. Furthermore, it plays a vital role in protecting the liver, which bears the primary burden of the body's detoxification processes.

Composition of our formula:

1. Coenzyme Q10 (ubiquinone) – hereinafter referred to as Co Q10

Co Q10 occupies a key position in energy production.

To understand this, one must first consider what a coenzyme actually is. Coenzymes are ubiquitous within the complex operations of the body's "chemical factory." They support enzymes—substances that trigger and direct chemical processes—by acting in a way that vastly increases the speed and efficiency of these reactions.

This is precisely the case with Co Q10, which regulates a chain reaction of processes within the mitochondria known as "cellular respiration" (specifically, the transfer of electrons that generates an electrical voltage). This process culminates in the formation of ATP, a high-energy compound.

ATP serves, in a sense, as the currency in which the cell's energy reserves are stored. Co Q10 plays a role in virtually all processes of organic energy production; indeed, 95% of the body's total energy becomes available only through the action of Co Q10.

However, Co Q10 performs other vital functions as well. Above all, it acts as a potent antioxidant, protecting cells from damage caused by chemically aggressive oxygen compounds. These so-called "free radicals" can enter the body from the outside as foreign substances, but they also arise as by-products of numerous metabolic processes.

Through its antioxidant and energizing effects, Co Q10 inhibits the development of inflammation and other risk factors associated with degenerative diseases. It boosts fat burning, prevents the harmful oxidation of LDL cholesterol, and has a positive impact on blood sugar levels. It offers particular protection to the cellular structures of the heart, nerves, blood vessels, and muscles.

Co Q10 is a vitamin-like substance found in small quantities in many foods (especially those of animal origin) and is also produced by the body itself. However, measurements of blood Co Q10 levels in many people today frequently show values falling below the standard threshold of 0.8 µmol/L (ideally, the level should be > 1.2 µmol/L).

If demand exceeds current supply—such as during periods of illness, recovery, or physical strain from work or sports—the body requires additional support. Deficiencies can easily develop even in healthy individuals, as the body's own production declines with age and dietary intake is often insufficient.

While all organs and tissues require Co Q10, the heart and brain have the highest demand. Even a 5–10% drop in supply levels can lead to impaired heart function. This situation is often exacerbated by the use of statins (a class of cholesterol-lowering drugs), which can reduce the body's endogenous Co Q10 production to zero.

The same applies to the brain and our cognitive performance; thinking, memory, and attention all rely on a high energy supply to nerve cells.

2. NADH (nicotinamide adenine dinucleotide) – hereinafter referred to as Q1 NADH

It represents another crucial factor in cellular energy production. Strictly speaking, it acts upstream of Co Q10, as it regulates chemical processes immediately preceding "cellular respiration."

In a sense, it even holds a superior position, as it can regenerate depleted Co Q10. Above all, however, it converts Co Q10 into the specific chemical form required for it to function correctly. Without this conversion, Co Q10 fails to act as an antioxidant and instead becomes a harmful oxidizing agent itself (highlighting the importance of the combination and the choice of the right form of Co Q10).

NADH also performs vital functions in the regulation and protection of cellular structures. This applies particularly to the repair of damaged genetic material—DNA—thereby inhibiting potentially dangerous cellular degeneration processes (cancer prevention). Q1 NADH is the most potent intracellular antioxidant. Consequently, it helps prevent the development of many chronic degenerative diseases, such as rheumatoid arthritis and arteriosclerosis.

Furthermore, Q1 NADH contributes to detoxification by regenerating L-glutathione, a key component of the most important detoxification enzyme (this also protects the liver—the body's primary detoxification organ—from damage caused by factors such as alcohol consumption).

Like Co Q10, Q1 NADH is found in natural foods, occurring more abundantly in animal products than in plant-based ones. However, demand often exceeds supply. For instance, heart muscle cells require approximately 90 micrograms of Q1 NADH per gram of tissue mass, while brain cells require 50 micrograms. Thus, an increased supply of,Q1 NADH should lead to a significant boost in ATP levels and overall energy production.

As expected, an experimental study carried out at the University of Freiburg (Grothwohl et al., 2009) with competitive athletes showed the following:

- lower oxygen consumption and better oxygen supply
- higher vital capacity
- more muscular energy and mental sharpness
- shorter reaction time

Q1 NADH also plays a special role in the body's production of the chemical messengers—or neurotransmitters—dopamine, serotonin, adrenaline, noradrenaline, and melatonin. All of these are crucial for alertness and wakefulness, as well as for relaxation and sleep. They also have a positive impact on cognitive function and memory. Consequently, the use of Q1 NADH leads to improved concentration, faster thinking, and a long-term boost in brain performance.

Last but not least, emotional well-being improves: zest for life, libido, and sexual well-being increase. It is not without reason that dopamine is known as the "happiness hormone," as it serves as the messenger for the brain's self-reward system.

Other important functions of Q1 NADH include regulating blood sugar, lowering total cholesterol levels (specifically the LDL fraction), boosting immune defense, and increasing the production of the messenger molecule NO (nitric oxide) in the blood vessels, which results in improved blood circulation.

3. Other important factors in energy production include B vitamins (which are also involved, for example, in the production of Co Q10)

A brief word on "vitamins" in general: In 1911, their discoverer, Funk, defined them as substances that the organism cannot produce itself (though there are exceptions to this rule). Nevertheless, the body requires them for a multitude of processes—usually as components of coenzymes.

The problem is that the organism's original capacity for synthesizing them was lost over the course of evolution due to mutations. Consequently, it must now obtain them through diet. However, the supply situation for some of these vitamins is somewhat precarious, and deficiencies can lead to significant consequences.

This is clearly the case with B vitamins. A lack of them can create a critical situation regarding energy production. After food (fats, carbohydrates, and proteins) has been broken down into simple components, the cell is left primarily with an intermediate product.

This intermediate—acetic acid—can only be channeled into the subsequent stages of processing and metabolized further with the help of specific cofactors. In addition to B vitamins, these cofactors include trace elements such as iron and magnesium.

Access is restricted, much like a bottleneck.

Vitamin B1 (Thiamine)

Vitamin B1 is one of the factors involved in the processes preceding energy production. Without Vitamin B1, the subsequent processes cannot even begin.

Otherwise, the primary focus of B1's activity lies in carbohydrate metabolism. This makes it particularly important in neurology, as nerve cells (neurons) rely on the simplest carbohydrate—glucose—for their nourishment. Furthermore, Vitamin B1 is involved in building the protective layer of nerve cells and in synthesizing various neurotransmitters (chemical messengers).

It also performs functions in protein metabolism; for instance, it is specifically required for the production of immune system defense cells.

Vitamin B2 (Riboflavin)

Vitamin B2 also plays a crucial role in cellular energy production. (It is an essential factor at the „bottleneck" stage and within the „internal respiratory chain.") Additionally, two of its derivatives play a role in the respiratory chain similar to—albeit less prominent than—that of Q1 NADH.

Together with vitamins B6, B9, and B12, B2 helps regulate blood levels of homocysteine, a risk factor for the development of arteriosclerosis. It supports the growth of healthy tissue and acts as an antioxidant to protect mucous membranes, skin, nerves, and the eyes (specifically against cataracts). It also performs important detoxification tasks. Furthermore, it plays a role in the immune system and is essential for the formation of red blood cells and the production of the hormone adrenaline.

Vitamin B3 (a mixture of the chemically related substances niacin/nicotinic acid and nicotinamide)

Significant for energy production: functions as a coenzyme (involved in the „bottleneck" stage). Furthermore, it serves as an important reservoir for the body's own production of Coenzyme Q1 (and another important coenzyme). At the same time, it possesses antioxidant properties and is a component of detoxification enzymes in the liver. Other effects include:

- lowering blood lipid levels, regulating blood sugar levels, dilating blood vessels (lowering blood pressure), and playing a role in maintaining the body's calcium balance.

What function does folic acid perform in our body?

Folic acid is essential for every cell and, consequently, for our entire metabolism. The European Food Safety Authority (EFSA) has approved a total of nine health claims for folic acid:

Folic acid contributes to maternal tissue growth during pregnancy, amino acid synthesis, blood formation, homocysteine metabolism, normal psychological function, immune system function, and the reduction of tiredness and fatigue.

Furthermore, folic acid plays a role in cell division. Additionally, folic acid supplementation increases maternal folate status. Low folate status is a risk factor for the development of neural tube defects in the unborn child.

Vitamin B12 (methylcobalamin)

is vitally important for supplying energy and nutrients throughout the metabolism. It is indispensable, in particular, for protein synthesis—and thus, for instance, for the proper formation of red blood cells.

This also includes the production of the neurotransmitters (chemical messengers) dopamine and serotonin, as well as myelin, the protective sheath surrounding nerve cells. (Like all B vitamins, it promotes nerve health.)

Another of its functions is the detoxification of homocysteine, a risk factor for the development of arteriosclerosis in the blood vessels. It also plays a role in lowering blood sugar levels. One particularly important aspect of Vitamin B12's effects has not yet been mentioned: it serves as the primary antidote to nitrosative stress. This refers to the scavenging of aggressive nitrogen compounds within the body. These compounds resemble the previously mentioned oxygen-based free radicals; the two types reinforce each other and can even combine to form even more toxic substances. The resulting damage to genetic material and cellular mitochondria lies at the root of many chronic diseases.

Vitamin B6 (Pyridoxine)

acts as a coenzyme in the metabolism of carbohydrates, fats, and proteins (facilitating the synthesis of many bodily building blocks, such as hormones, chemical messengers, blood, skin, connective tissue, and cartilage). It plays a role in the production of ATP and nucleic acids—the building blocks of DNA and RNA. Furthermore, it promotes the breakdown of histamine—thereby counteracting inflammation and many allergic reactions—and helps lower homocysteine levels.

One aspect that deserves special emphasis is its role in diabetes: adequate Vitamin B6 intake prevents the formation of glycated proteins, which pathologically alter tissue structure (including that of hemoglobin, which is responsible for oxygen transport in the blood.)

Vitamin B5 (pantothenic acid)

also plays a role in energy production processes but is primarily involved in carbohydrate and fat metabolism—specifically the breakdown and transport, as well as the synthesis, of lipids/fats (hormones, vitamins, and certain components of nerve tissue).

Furthermore, it contributes to the synthesis of amino acids and proteins (such as hemoglobin in the blood, antibodies in the immune system, and certain neurotransmitters/chemical messengers).

The mucous membranes and skin, in particular, benefit from it; for instance, pantothenic acid has been shown to increase skin hydration.

4. Additional key vitamins and trace elements round out the formula's spectrum of action:

Vitamin E (tocopherol/tocotrienol)

inhibits the oxidative effects of free oxygen radicals, particularly within cell membranes. Like vitamin B12 and selenium, it also counteracts toxic nitrogen compounds. In doing so, it protects muscle and nerve cells (including those in the brain) and slows the aging process. Its protective effect is particularly potent in the eyes (helping to guard against macular degeneration and cataracts), as it halts oxidation processes triggered by light—especially UV radiation.

Together with vitamin C, it provides antioxidant protection for the heart and blood vessels. Acting as a natural blood thinner, it helps prevent thrombosis (thereby aiding in the prevention of heart attacks and strokes). However, caution is advised if taking medications with similar effects, such as Marcumar!

It also boosts collagen levels in the skin, giving it a fresher, more youthful appearance (working in tandem with Co Q10 and vitamin B5). It supports cell renewal and healing processes in the skin, connective tissue, and muscles. In combination with selenium, it helps downregulate inflammation.

Finally, it prevents the glycation of proteins and helps ward off diabetes (by improving glucose tolerance and the insulin sensitivity of body cells).

Vitamin K exists in two primary forms: vitamin K1 (phylloquinone) and vitamin K2 (menaquinone).

Their functions overlap significantly, which is why they are often referred to collectively as a single vitamin rather than two distinct ones. However, there are minor differences—at least regarding the emphasis of their respective activities.

Vitamin K plays a central role in blood clotting (hence the need for caution when taking blood thinners concurrently) and, together with vitamin D, helps regulate bone metabolism. Interestingly, it acts not only against bone demineralization but also against the calcification of blood vessels and tissues (helping to prevent osteoporosis as well as cardiovascular diseases).

In conjunction with its influence on bone-building hormones, it also lowers blood sugar levels. At the genetic level, it affects cell division and the self-destruction of abnormal cells (aiding in cancer prevention).

It inhibits inflammation in the central nervous system and assists in the formation of neuronal cell membranes. Its essential role in gut health has also only recently been recognized; given the multifaceted connections between the gut and the brain, it thus plays an additional role in mental well-being.

Vitamin D3 (Calciferol)

Strictly speaking, vitamin D3 is not a true vitamin; the body produces it itself—specifically in the skin upon exposure to light. It is also found in animal-based foods. (Furthermore, vitamin D2 from plant-based sources is converted into D3 in the body.) Nevertheless, blood tests frequently reveal deficiencies. Functionally, it acts as a virtually universal hormone. It is found in most tissues, and its role in regulating a wide range of genes has been demonstrated.

Its primary function is to regulate calcium and phosphate balance, thereby maintaining the skeletal system. Calcium is also responsible for nerve and muscle excitability; consequently, there is a clear link between the amount of available vitamin D and measured muscle strength. It has a positive effect on heart cell function (by replenishing calcium stores) and, over time, even influences their structure.

In general, vitamin D promotes cell growth in many tissues while simultaneously regulating the self-destruction of abnormal cells and counteracting their spread. To this end, it stimulates the self-digestion of degraded cellular components and boosts the body's immune response. However, it also regulates excessive immune reactions and suppresses inflammation. All of these factors are relevant to cancer prevention.

Finally, it plays a role in several aspects of the body's hormonal and neuronal control systems. It helps determine the current state of activation (such as during stress) as well as relaxation. Accordingly, it contributes to blood pressure regulation in the kidneys.

In the brain, vitamin D regulates the growth of neurons themselves, as well as the cells that protect and nourish the nerves.

Selenium is an essential trace element.

It is involved in many processes related to cell renewal. (DNA repair, blocking of pathogenic genes, self-destruction of abnormal cells.) It thus plays a vital role in cancer prevention. It boosts the body's immune competence and counteracts inflammation (for instance, working in tandem with vitamin E in cases of arthritis). Perhaps its most important function is detoxification (in conjunction with the aforementioned vitamin E and L-glutathione). Together, they enable various enzymes to neutralize toxic substances such as heavy metals.

This trio is also particularly effective in combating nitrosative and oxidative stress (caused by nitrogen and oxygen radicals). This protects cell membranes and structures—specifically the lining of blood vessels and red blood cells.

Naturally, the liver—the primary site of these processes—is a key beneficiary of this detoxification. Selenium helps protect the liver, thereby counteracting the development of cirrhosis. It is no coincidence that high levels of selenium are also found in the eye; its antioxidant potential—for example, against UV light—protects against cataracts and macular degeneration.

High concentrations are also found in the thyroid gland, as selenium is a component of an enzyme responsible for converting and activating thyroid hormones. Consequently, autoimmune thyroid disorders can be linked to selenium deficiency.

Selenium also regulates hormone secretion in other organs (such as the pancreas and adrenal glands), thereby influencing blood pressure and blood sugar levels. Finally, selenium enables the body to recycle used Co Q10. (Indeed, the various antioxidants are intricately interconnected, including through processes of mutual regeneration.)

Zinc: this, too, is an essential trace element.

It serves as an active component in over 300 different enzymes. Many of these are involved in cell renewal and the formation of genetic material. Zinc plays a multifaceted role in the metabolism of carbohydrates, proteins, and fats. It functions specifically in protein synthesis; these proteins, in turn, are used to build enzymes, transport proteins (such as hemoglobin), hormones, neurotransmitters, and other signaling molecules.

It aids in bone formation (alongside vitamin K) and collagen production in the skin and connective tissue, while also ensuring better interconnection between individual cells within the tissue. Cartilage formation relies heavily on zinc, vitamin B6, and magnesium. It performs a special regulatory function in the metabolism of skin, hair, and nails; the presence of zinc determines hair thickness and stability.

Wound healing also depends on an adequate supply of zinc.

A key aspect of its efficacy lies in its role in hormone production—including thyroid, growth, and sex hormones, as well as insulin and its antagonist, glucagon, in the pancreas. It plays a specific role in the storage, release, and transport of insulin in the bloodstream. Zinc is thus a crucial factor in halting the development of insulin resistance in body cells (diabetes prevention).

Zinc also directly influences male and female fertility, potency, and libido.

It plays a central role in the immune system. The body's susceptibility to infection depends to a significant extent on its zinc supply, as virtually all immune cells require zinc for their activity. Zinc also influences the nervous system—and thus mental acuity—in a variety of ways. The synthesis of specific signaling molecules, the regulation of receptors at synapses (nerve cell junctions), the protection of neuronal structures, and the breakdown of harmful protein structures all rely on the action of zinc-containing enzymes. A key aspect of their activity also involves detoxification (removing heavy metals, ammonia, and alcohol).

Zinc also acts as a potent antioxidant—for instance, in the eye, where it primarily protects the retina. Together with vitamin A, it plays a crucial role in adapting to low-light conditions (dark adaptation). High levels of zinc are also found in the blood, where it helps maintain the body's acid-base balance.

D-ribose is a simple sugar.

It serves as the fundamental building block for ATP, which, as previously mentioned, acts as the storage form for the energy generated by cells. Only when a sufficient reservoir of D-ribose is available can the released energy be captured and stored in the form of ATP.

Evening primrose oil is a high-quality vegetable oil extracted from the seeds of the evening primrose (*Oenothera biennis*).

It contains a high proportion of polyunsaturated fatty acids and possesses anti-allergic and anti-inflammatory properties. The body utilizes it for purposes such as constructing lipid-based structures, including cell membranes and hormones.

However, there is another reason for including evening primrose oil in Q-CELLPOWER®:

It combines (forming an emulsion) with other fat-soluble ingredients in the formula—specifically vitamins E, D3, K1, and K2, as well as the primary active ingredient, Co Q10. This facilitates better absorption in the digestive system and accelerates intestinal transit, resulting in higher measurable levels and improved bioavailability in the bloodstream. However, the crucial factor is complete and seamless uptake by each individual body cell. This is because the membranes of the cell and its organelles (such as the mitochondria) become increasingly permeable as unsaturated fatty acids are incorporated into them. Consequently, substances associated with these fatty acids pass through quickly and without resistance. This is precisely what evening primrose oil achieves.

Stevia is a natural sweetener.

It is derived from the leaves of the *Stevia rebaudiana* plant. Stevia is 300 times sweeter than sucrose (cane or beet sugar). At the same time, it is completely calorie-free. Unlike many artificial chemical substances approved as sweeteners, there are no known health risks associated with its use.

Q-CELLPOWER® contains no artificial flavors, preservatives, or colorants.

Q-CELLPOWER® can be ordered at www.q10magicpower.de:

▲
www.q10magicpower.de

statements refer exclusively to the vitamins and minerals it contains, in accordance with applicable legal requirements.

THE POWER OF NATURE
HIGH DOSE

420mg Coenzym Q10 (Ubiquinon) · 20mg Q1 NADH

VEGAN

Q-CELLPOWER®

for maintaining mitochondrial cellular energy

Why Q-CELLPOWER®?

Simply put: the body's own production decreases while demand increases. An unfavourable combination that makes additional intake of coenzyme Q10 (Co Q10) in the form of ubiquinone so important.

Benefit from our knowledge and the power of nature.

Face mental and physical challenges with confidence with Q-CELLPOWER®.

Nutritional values	per 25 ml
Vitamin E (TE)	60 mg
Niacin (NE)	16 mg
Pantothenic acid	6 mg
Vitamin B2	1,4 mg
Vitamin B6	1,4mg
Vitamin A	1,2 mg
Vitamin B1	1,1 mg
Folic acid	200 µg
Vitamin K1	75 µg
Vitamin K2	75 µg
Vitamin D3	30 µg
Vitamin B12	13 µg
Zinc	10 mg
Manganese	2 mg
Copper	1 mg
Iodine	150 µg
Selenium	55 µg
Coenzyme Q10	**420 mg**
Evening Primrose Oil	**1.000 mg**
Ribose	**1.000 mg**
Q1 NADH	**20 mg**

1. Oral emulsion for optimal nourishment of human cells
2. Improved vitality and well-being
3. NADH Q1 – activator for brain cells
4. Bioavailability within 30 minutes (medically proven)
5. Co Q10 (as ubiquinone) and NADH Q1 are potent antioxidants
6. Significantly elevated Co Q10 levels detectable after five weeks of use (medically proven)
7. Anti-inflammatory and regenerative effects
8. 100% natural product
9. No artificial flavors, preservatives, or colorants (Co Q10 is naturally orange)

- Q-CELLPOWER® is listed in the "Präparateliste der Naturheilkunde 2026 – DIE GRÜNE LISTE" (a reference work for non-medical practitioners, doctors and pharmacists)
- All products are manufactured in Germany to the highest quality standards.
- Q10 MAGIC POWER® is also certified, and appropriate expert assessments have been prepared regarding the safety of the ingredients used.
- The raw materials have been microbiologically tested in accordance with GMO requirements.
- Our products are regularly tested by the German Sport University Cologne for substances relevant to doping control using gas chromatography/mass spectrometry (SOP_NM0108) and liquid chromatography/mass spectrometry (SOP_NM0209).

www.q10magicpower.de

IMPORTANT NOTICE: Q-CELLPOWER® is a food supplement and not a medicinal product.
The health-related statements refer exclusively to the vitamins and minerals it contains, in accordance with applicable legal requirements.

FOOD SUPPLEMENT WITH SWEETENER | S**TEVIA**

The analytical values, appearance and taste are subject to the natural variations typical of products made from natural ingredients.

GLUTEN-FREE · LACTOSE-FREE · NO ARTIFICIAL COLOURINGS

vegetarian · vegan · suitable for people with diabetes

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