



WWW.QNUTRAPHARMA.COM



ONCE A DAY Q10 & VITAMINS

Vitamin B, C & E

For normal energy metabolism and for a reduction in tiredness and fatigue.

Nutritional Information

One tablet provides:

	*%NRV		*%NRV		
Vitamin E	12 mg	100	Folic acid	200 µg	100
Vitamin C	80 mg	100	Vitamin B12	2.5 µg	100
Thiamin	1.1 mg	100	Biotin	50 µg	100
Riboflavin	1.4 mg	100	Pantothenic acid	6 mg	100
Niacin	16 mg	100	Coenzyme Q10	10 mg	-
Vitamin B6	1.4 mg	100			

*NRV = Nutrient Reference Values

Take one tablet daily dissolved in a glass of water.



- A combination of Co-enzyme Q10 with Vitamins B, C & E to support energy levels.
- Delicious tasting effervescent tablets
- Fast acting

DESCRIPTION

Once A Day Q10 and vitamins provides 10 vitamins with co-enzyme Q10, including vitamins C and B6 for normal energy metabolism and for a reduction in tiredness and fatigue. Effervescent tablets dissolve quickly in water and the nutrients are absorbed quickly in the body allowing swift tissue saturation.

HOW DOES ONCE A DAY Q10 AND VITAMINS SUPPORT ENERGY PRODUCTION?

B vitamins: Vitamins are beneficial for energy production and some of them contribute directly to the energy production cycle.

- Niacin (B3) – NADH
- Pantothenate (B5) - Co-enzyme A
- Vitamin B12 - methylmalonyl-CoA

NADH, Co-Enzyme A and methylmalonyl-CoA feed directly into the krebs cycle where they aid in the production of ATP, a vital energy source. Insufficient intake of B vitamins can impair energy production and leave a person feeling fatigued. Vitamin B6 plays a role in over 100 enzymatic reactions in the body, including the conversion of fats, proteins and carbohydrates into energy. Folic acid is another nutrient that is required for the conversion of fats, proteins and carbohydrates into energy. Folic acid is also involved in red blood cell creation along with vitamin B12 and the transportation of oxygen around the body. Biotin is another B vitamin that serves as a co-enzyme for five carboxylases and the enzymatic conversion of fats, proteins, and carbohydrates into energy¹.

Vitamin C: Vitamin C is needed for a chain of reactions that ends in glycolysis and gluconeogenesis for energy production and metabolism. Vitamin C, also works with other B vitamins in the adrenal glands for the regulation of blood glucose levels and the stress response, needed for energy and motivation.

Vitamin E: Vitamin E is the main fat-soluble antioxidant in human plasma and reduces contraction-mediated oxidative damage. Vitamin E deficiency adversely affects muscle contractile function and results in a quicker development of muscle fatigue during exercise².

Co-enzyme Q10: CoQ10 is required for the production of energy (ATP) which is needed for every cell. Without it, energy production is impaired. Natural CoQ10 synthesis decreases with age. The decline starts at around the age of 30 and may be the reason for some of the fatigue experienced by seniors. A placebo-controlled trial looked at trained and untrained individuals who were given CoQ10 supplementation or a placebo for 2 weeks. Anaerobic capacity and endurance were tested as well as blood analytes. CoQ10 levels were significantly increased in the CoQ10 supplemental group in both plasma and blood. A trend for increased time to exhaustion was observed in the CoQ10 supplemental group³.

ARE THERE ANY PRECAUTIONS BEFORE OR WHILE TAKING ONCE A DAY Q10 AND VITAMINS?

Once A Day Q10 and vitamins is intended for use by adults who wish to support their physical performance and energy levels and is not suitable for:

- Pregnant and breastfeeding women
- Children

HEALTH NEEDS



ENERGY

SCIENTIFIC REFERENCES

1. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4757853/>
2. <https://pubmed.ncbi.nlm.nih.gov/12111289/>
3. <https://link.springer.com/article/10.1186/1550-2783-5-8>

