Ubiquinol Qu10
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- Highly Bio available Coenzyme Q10
- Innovative new form guarantees stability
- Provides 100mg of Ubiquinol per tablet
- Suitable for vegetarians and vegans.
Coenzyme Q10

• Coenzyme Q10 is found in most living cells and is synthesised in the body or obtained from the diet.

• It acts as a coenzyme in the process of energy production within cells and is essential for the production of adenosine triphosphate (ATP) which drives energy-requiring reactions within a cell.

• Deficiencies may occur in the elderly, in people with poor health or in those inadequate diets.
Coenzyme Q10

- The ubiquinol form of the CoQ10 is considered to be more bio available
- However it is highly unstable when used in nutritional supplements
- Ubiquinol acetate is the next generation of the CoQ10 molecule providing both stability and bio-availability
## Ubiquinol Qu10

<table>
<thead>
<tr>
<th>UBIQUINONE</th>
<th>UBIQUINOL</th>
<th>UBIQUINOL ACETATE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oxidised form of CoQ10</td>
<td>Reduced (un-oxidised) form of COQ10</td>
<td>Reduced (un-oxidised) form of COQ10</td>
</tr>
<tr>
<td>✓ Stable form of CoQ10.</td>
<td>✗ Highly unstable form of CoQ10.</td>
<td>✓ Stable form of CoQ10</td>
</tr>
<tr>
<td>✗ Less bio available form of CoQ10</td>
<td>✓ More bio available form of CoQ10</td>
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</table>
Ubiquinol Qu10

• Ubiquinol Qu10 contains CoQ10 in the form of ubiquinol acetate.

• Providing the higher bio-availability of ubiquinol but in a stable acetate form to guarantee effectiveness and shelf life stability.

• Also contains vitamin B6 to aid in the utilisation of the CoQ10 in the body. Adequate vitamin B6 nutrition is essential for Co-enzyme Q10 biosynthesis.
Coenzyme Q10

Antioxidant and Immune Function Support


Coenzyme Q10

Energy and Exercise tolerance

- May help improve aerobic performance in individuals. Antioxidants help minimize damage to cells caused by additional free radicals generated by an increase in the metabolic activity through exercise.

Coenzyme Q10

Cardiovascular disease

• Shown to have positive benefits for congestive heart failure, ischemic heart disease, rheumatic heart disease and irregular heart beat.

• Several studies have reported that Co Q10 may improve oedema arrhythmias, the severity of heart failure and general heart function.

• May also help decrease high blood pressure when used long term.


Effects of coenzyme Q10 on arterial stiffness, metabolic parameters and fatigue in obese subjects: a double-blind randomized controlled study. Lee TJ, Kim JK, Lee DC.

South Med J. 2001 Nov; 94(11);112-7.
Randomized, doble blind, placebo-controlled trial of coenzyme Q10 in isolated systolic hypertension. Burke BE, Neuenschwander R, Olson RD.
Coenzyme Q10

**Gum (periodontal) disease**
Investigations have shown that people with diseased gums tend to have lower levels of Co Q10 than those with healthy gums.


**Fertility (Male)**
A statistically significant improvement in certain semen parameters including sperm density and motility was evident with coenzyme Q10 therapy.

Ubiquinol Qu10

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Equigluco
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Combining standardized green coffee bean extract, chromium picolinate, magnesium, vitamin B6 and vitamin B3(niacin).

Per tablet:
- Green coffee 300mg
- Chromium (as picolinate) 75 mcg
- Magnesium 50 mg
- Vitamin B6 2mg
- Niacin 5mg

3 tablets per day.
Green Coffee

- Extracted from unroasted (green) coffee beans
- Contains Chlorogenic acid
- A naturally occurring polyphenol compound that is highly concentrated coffee.
Green Coffee

**What is Chlorogenic acid?**
- Exhibits antioxidant activity
- Increases production of glutathione
- Reduces intestinal absorption of glucose to slow the release of sugar in the blood stream
- Enhances the action of insulin in the body
- Aids the liver in breaking down and eliminating fats
  - Promotes thermogenesis to increase fat burning
Green Coffee

**Weight Management**
- Slows down absorption of sugars in the blood stream
- Improves insulin sensitivity
- Research shows green coffee may be an effective aid to weight reduction and the management of obesity in overweight adults


- Inhibits fat absorption whilst supporting the activation of fat metabolism and elimination by the liver, may be effective against weight gain and fat accumulation via this mechanism


Inhibitory effect of green coffee bean extract on fat accumulation and body weight gain in mince.
Green Coffee

Blood Sugar Regulation
• Chlorogenic acid improves insulin sensitivity
• Supports normal metabolic regulation of blood sugar
• Research shows it may stabilise insulin release by slowing absorption of sugar through the intestine.

Green Coffee

**Type 2 Diabetes**

- Chlorogenic acid may help to prevent and reduce the risk of developing Type 2 diabetes

- Protects beta cell responsiveness to change in bloods and sugar levels

- Maintains and improves insulin sensitivity
Functions of Chromium in the body:

- Chromium is an essential trace element
- It plays an important role in insulin’s regulation of blood glucose levels
- It acts as a cofactor for a number of enzymes involved in energy production and normal macronutrient metabolism
Chromium

Uses of Chromium

• Chromium supplementation may be useful in conditions in which glucose regulation is dysfunction such as hypoglycaemia or diabetes.

• Chromium may aid a weight management programme by helping to reduce craving particularly for sweet foods.

• Chromium may decrease blood sugar in subjects with hyperglycemia and increase blood sugar in hypoglycemic states through insulin regulation.
Chromium

Hypoglycaemia

• Chromium supplementation has been shown to give significant improvements in insulin metabolism leading to improved blood sugar regulation and balance.

• In clinical study, 200mcg chromium was used daily for 12 weeks resulting in improvements with insulin binding, insulin receptor number, and hypoglycemic symptoms. Metabolism. 1983 Sep;32(9):894-9. Chromium supplementation of human subjects: effects on glucose, insulin, and lipid variables. Anderson RA, Polansky MM, Bryden NA, Roginski EE, Martz W, Glinsmann W.
Chromium

**Insulin Function and Activity**
- Chromium potentiates insulin activity in the body and is responsible for normal insulin function.
- The effect of insulin on carbohydrate fat, and protein metabolism is dependent upon the maintenance of adequate chromium stores.
- Athletes may have an increased requirement for chromium due to an excessive chromium loss resulting from exercise.

Chromium

Glucose tolerance in Polycystic Ovary Syndrome (PCOS)

- Chromium picolinate, given without change in diet or activity level, has been shown to cause a significant mean improvement in glucose disposal rate in obese subjects with PCOS.

- This suggests that chromium picolinate may be useful as an insulin sensitizer in the treatment of polycystic ovary syndrome.

Chromium picolinate improves insulin sensitivity in obese subjects with polycystic ovary syndrome.
Lydic ML, McNurlan M, Bembo S, Mitchell L, Komaroff E, Gelato M.
Chromium

Supporting Nutrients:
• **Magnesium** – plays a role in glucose metabolism, has been shown to improve insulin sensitivity and reduce insulin resistance in non-diabetic adults.

• **Niacin** – works alongside chromium and contributes to normal energy metabolism.

• **Vitamin B6** – contributes to normal glycogen metabolism, helping to maintain normal blood glucose. Glycogen is the body’s long term energy store which is broken down and converted to glucose when needed for energy in between meals and during exercise.
Equigluco
Unique specialist formula to help maintain normal blood glucose levels

- Synergistic nutrients for maximum balance and effectiveness
- Combining standardised green coffee bean extract, chromium picolinate, magnesium, vitamin B6 and vitamin B3 (niacin)
- Suitable for vegetarians
Equigluco

Could be considered by:

- Those wanting effective support for a weight management programme
- Anyone looking to maintain good blood sugar balance
- Those wanting to maintain and improve insulin sensitivity
- People in the high risk category of developing type 2 diabetes
- Women with PCOS
- Athletes and anyone following a regular exercise or body contouring programme
CurQuMax
Each tablet provides:

- 100mg of curcumin from Turmeric root
- 250mg of the amino acid DL-phenylalanine
- Black pepper extract 2.6mg

Dose – one to two tablets up to three times daily with food as required
What is it?

• A highly active polyphenolic compound found in spice turmeric (Curcuma longa L.) plant

• The rhizome (root) is used as an ingredient in Asian cooking

• Has a long history of use as a remedy in Ayurvedic and Traditional Chinese Medicine.
What is it?

- Research indicates it may expert a number of potentially therapeutic efforts including:
  - Anti-inflammatory
  - Antioxidant
  - Antiprofilerative
  - Neuroprotective, and insecticidal properties
Green Coffee

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• Enhances the action of insulin in the body

• Aids the liver in breaking down and eliminating fats
  •
  • Promotes thermogenesis to increase fat burning
Curcumin

Research
• Curcumin has proven anti-inflammatory and antioxidant properties through modulation of inflammatory pathways in the body.


Curcumin benefits for the body
Inflammation has been shown to play a major role in most chronic illnesses, including neurodegenerative, cardiovascular, pulmonary, metabolic and autoimmune diseases.

Curcumin may help in the management of degenerative joint conditions such as rheumatoid and osteoarthritis.
DL- Phenylalanine

- DLPA combines both D and L forms of the amino acid phenylalanine
- Has been the topic of research for pain relief and mood modulation properties
- Believed to elevate endorphin level, natural neurotransmitters that reduce the perception of pain
- L-phenylalanine produces phenylethylamine a neuromodulator responsible for lifting mood
CurQuMax

Combines Turmeric and DLPA

Also contains piperine from black pepper which increases the bioavailability and effect of curcumin from turmeric

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