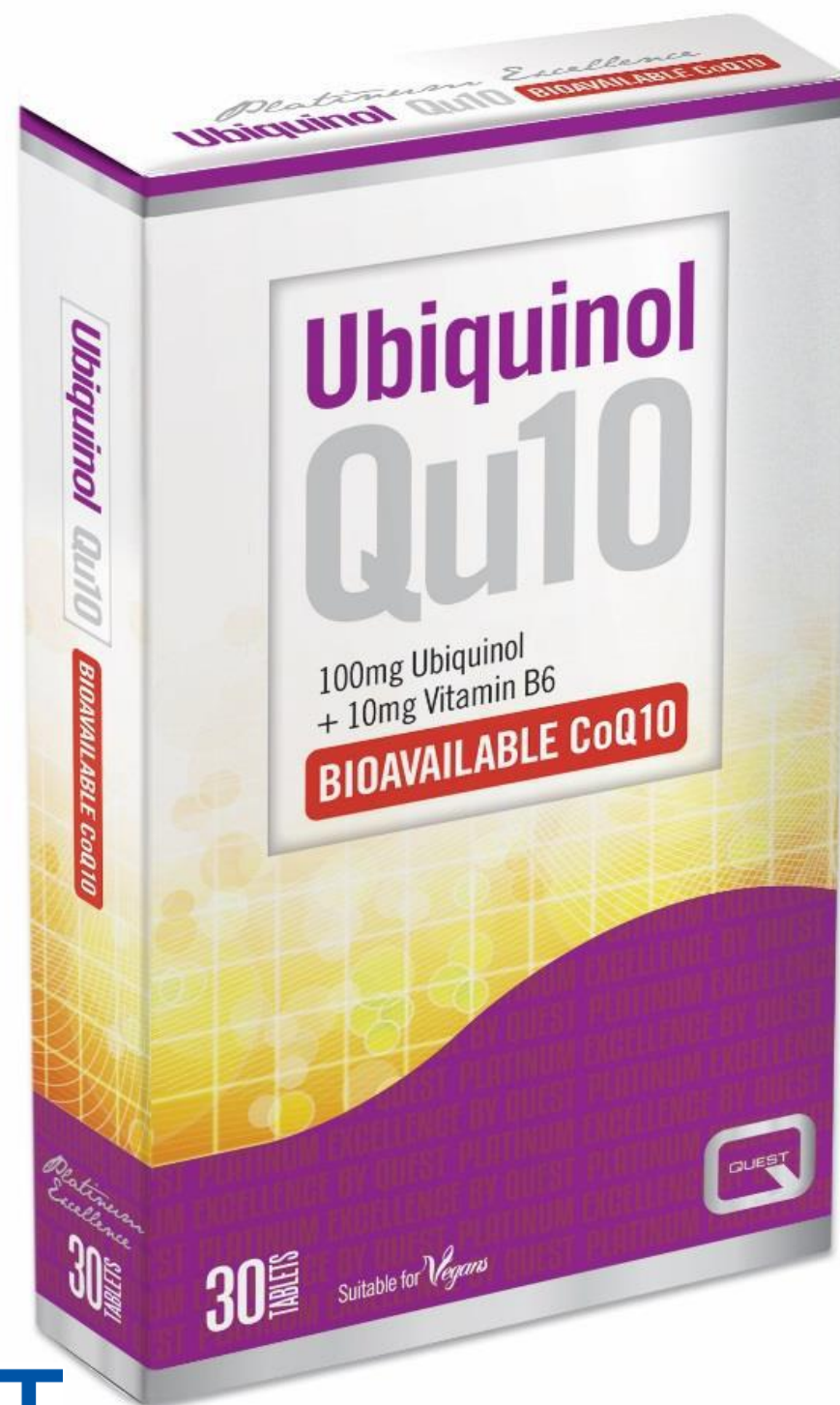


Ubiquinol Qu10



Ubiquinol Qu10

- 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

UBIQUINONE	UBIQUINOL	UBIQUINOL ACETATE
Oxidised form of CoQ10	Reduced (un-oxidised) form of COQ10	Reduced (un-oxidised) form of COQ10
✓ Stable form of CoQ10.	✗ Highly unstable form of CoQ10.	✓ Stable form of CoQ10
✗ Less bio available form of CoQ10	✓ More bio available form of CoQ10	✓ More bio available form of CoQ10

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

- **Support normal immune function by reducing oxidative stress and increasing antioxidant activity.** Nutrition. 2012 Mar;28(3):250-5. doi: 0.1016/j.nut.2011.06.004. Epub 2011 Oct 12. Coenzyme Q10 supplementation reduces oxidative stress and increases antioxidant enzyme activity in patients with coronary artery disease. Lee BJ, Huang YC, Chen SJ, Lin PT.
- **May partially prevent the increase in lipid peroxidation after repeated short-term supramaximal (high intensity) exercise.** J Sports Med Phys Fitness. 2011 Jun;51(2):305-12. Oxidative stress and antioxidant defence in plasma after repeated bouts of supramaximal exercise: the effect of coenzyme Q10. Gul I, Gokbel H, Belviranli M, Okudan N, Buyukbas S, Basarali K.

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.
- Studies have shown that supplemental Co Q10 may improve exercise capacity when levels are deficient.

Nutrition. 2008 Apr;24(4):293-9. doi:10.1016/j.nut.2007.12.007.Epub 2008 Feb 12. Anti fatigue effects of coenzyme Q10 during physical fatigue. Mizuno K et Al.

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.

Int J Clin Pharmacol Ther Toxicol. 1990 Mar;28(3)123-6. Reduction in blood viscosity by treatment with coenzyme Q10 in patients with ischemic heart disease. Kato T et al.

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, double blind, placebo-controlled trial of coenzyme Q10 in isolated systolic hypertension.

Burke BE, Neuenschwander R, Olson RD.

Coenzyme Q10

Gum (periodontal) disease

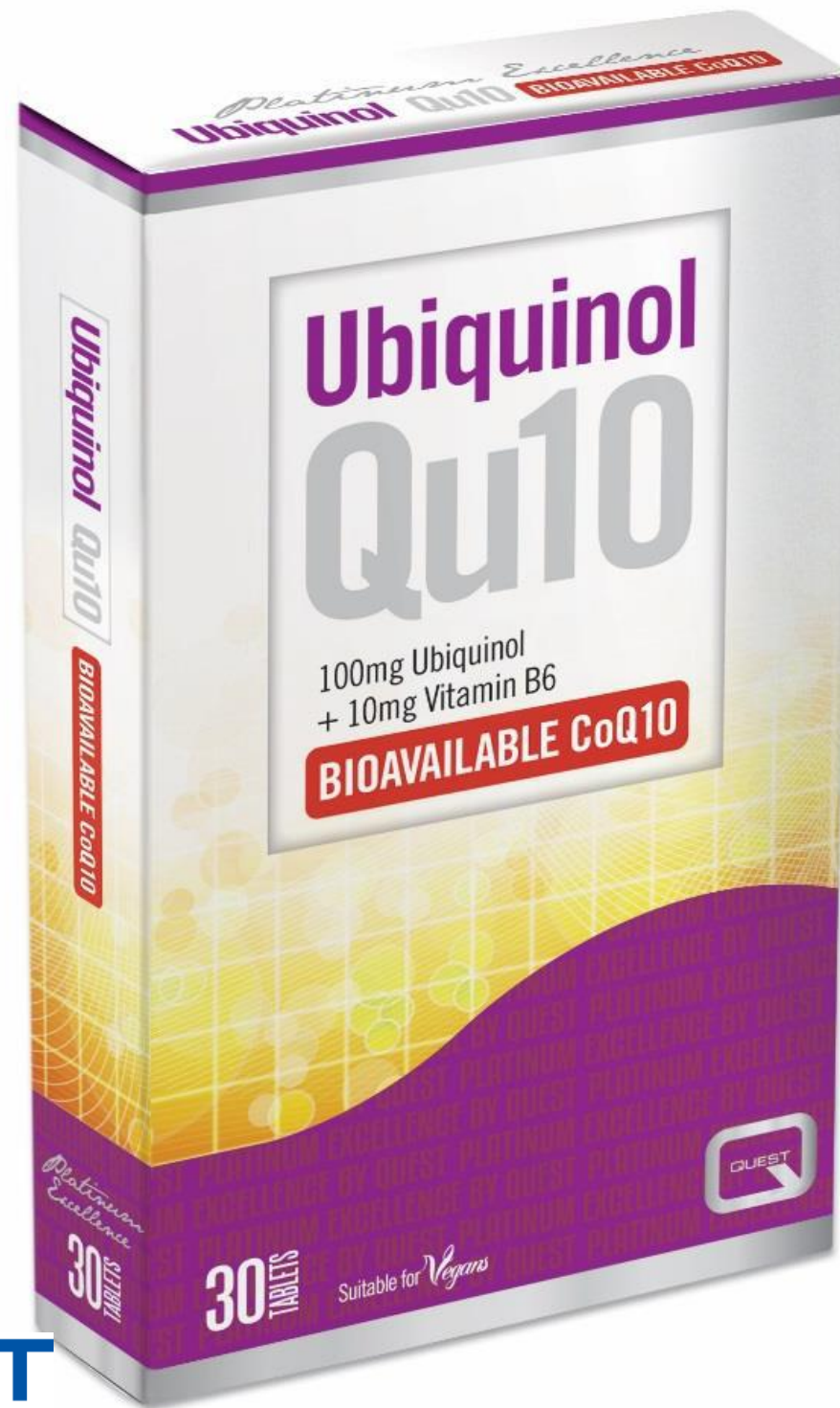
Investigations have shown that people with diseased gums tend to have lower levels of Co Q10 than those with healthy gums.

Int J Vitam Nutr Res. 1973 Apr;43(4):537-48. Evidence for enhanced treatment of periodontal disease by therapy with coenzyme Q. Matsumura T, Saji S, Nakamura R, Folkers K.

Fertility (Male)

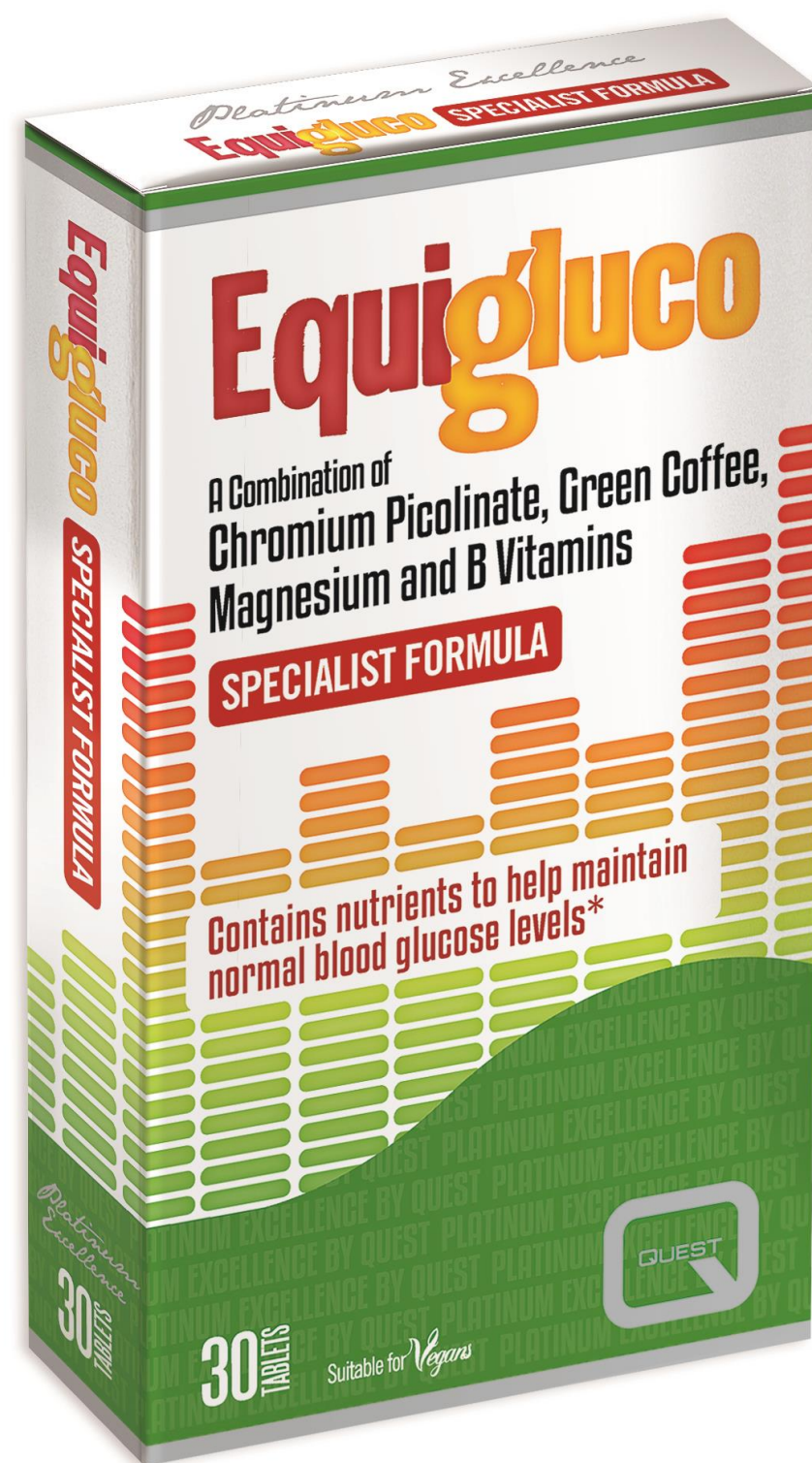
A statistically significant improvement in certain semen parameters including sperm density and motility was evident with coenzyme Q10 therapy.

J Urol. 2009 Jul;182(1):237-28. doi:10.1016/j.juro.2009.02.121. Epub 2009 May 17. Efficacy of coenzyme Q10 on semen parameters, sperm function and reproductive hormones in infertile men. Safarinejad MR.

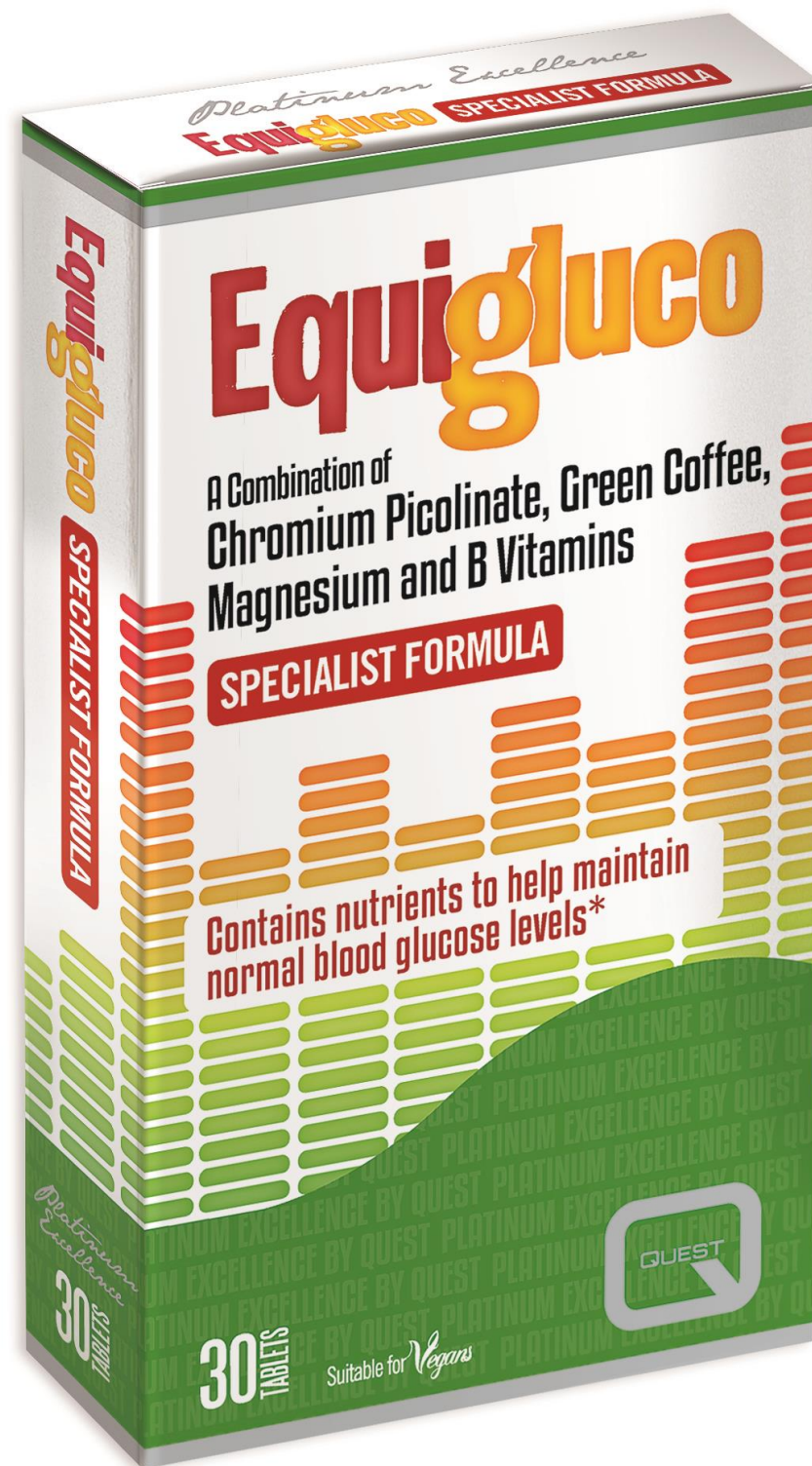


Ubiquinol Qu10

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



Equigluco



Equigluco

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

Diabetes Metab Syndr Obes. 2012;5:21-7. doi 10.2147/DMSO.S27665. Epub 2012 Jan 18.

- 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

BMC Complement Altern Med. 2006 Mar 17;6:9.

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

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.

Am J Clin Nutr. 2003 Oct; 78(4):728-33. Coffee acutely modifies gastrointestinal hormone secretion and glucose tolerance in humans: glycemic effects of chlorogenic acid and caffeine. Johnston KL, Clifford MN, Morgan LM.

Green Coffee

Type 2 Diabetes

- Chlorogenic acid may help to prevent and reduce the risk of developing Type 2 diabetes
Med Hypotheses. 2005;64(4):848-53. McCarthy MF.
- Protects beta cell responsiveness to change in bloods and sugar levels
- Maintains and improves insulin sensitivity

Chromium

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 do to an excessive chromium loss resulting from exercise.

Int J Sport Nutr. 1992 Jun;2(2):111-22. Efficacy of chromium supplementation in athletes: emphasis on anabolism. Lefavi RG, Anderson RA, Keith RE, Wilson GD, McMillian JL, Stone MH.

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.

Fertil Steril. 2006 Jul;86(1):243-6. Epub 2006 May 30.

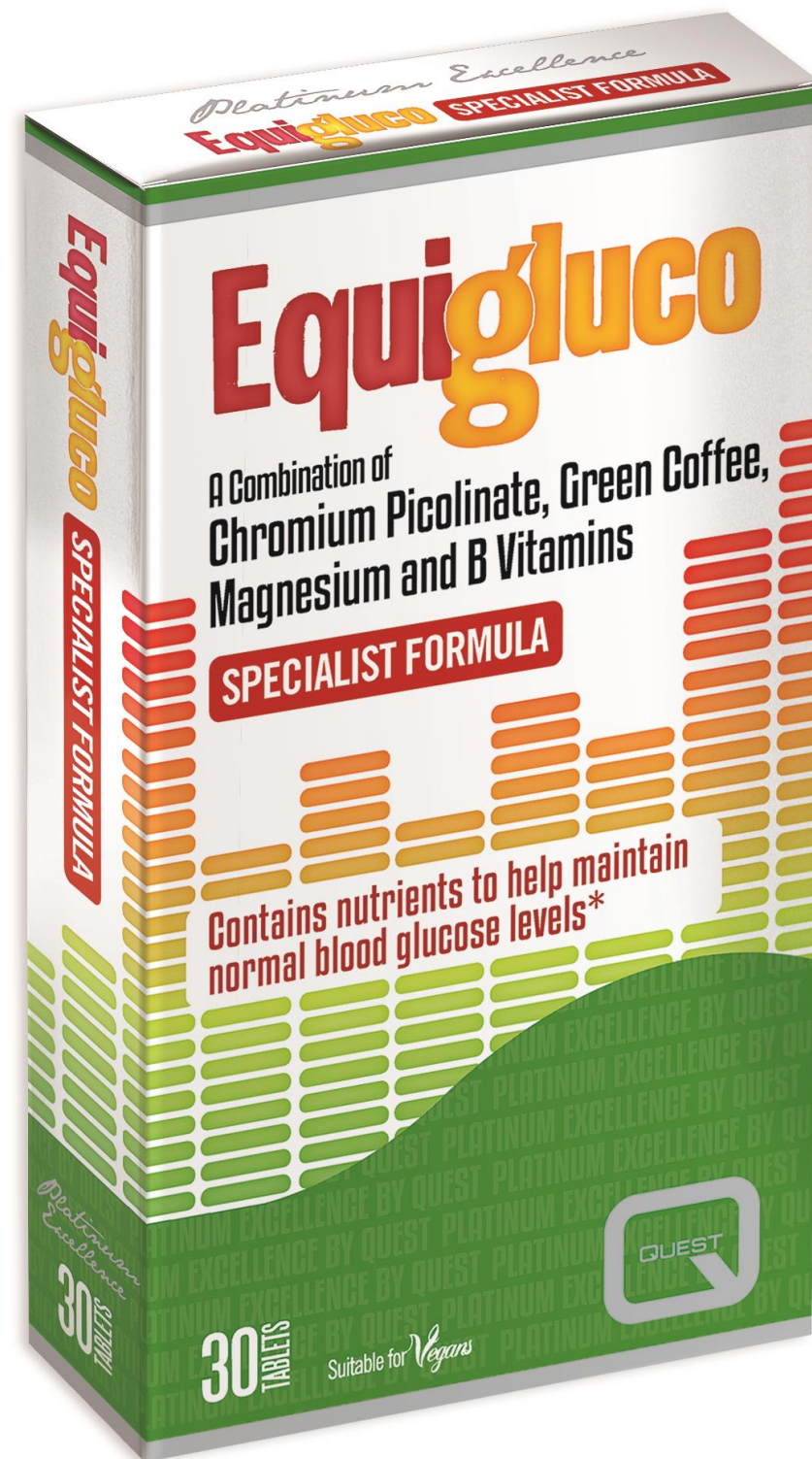
Chromium picolinate improves insulin sensitivity in obese subjects with polycystic ovary syndrome.

Lydic ML, McNurlan M, Bembo S, Mitchell L, Komaroff E, Gelato M.

Chromium

Supporting Nutrients:

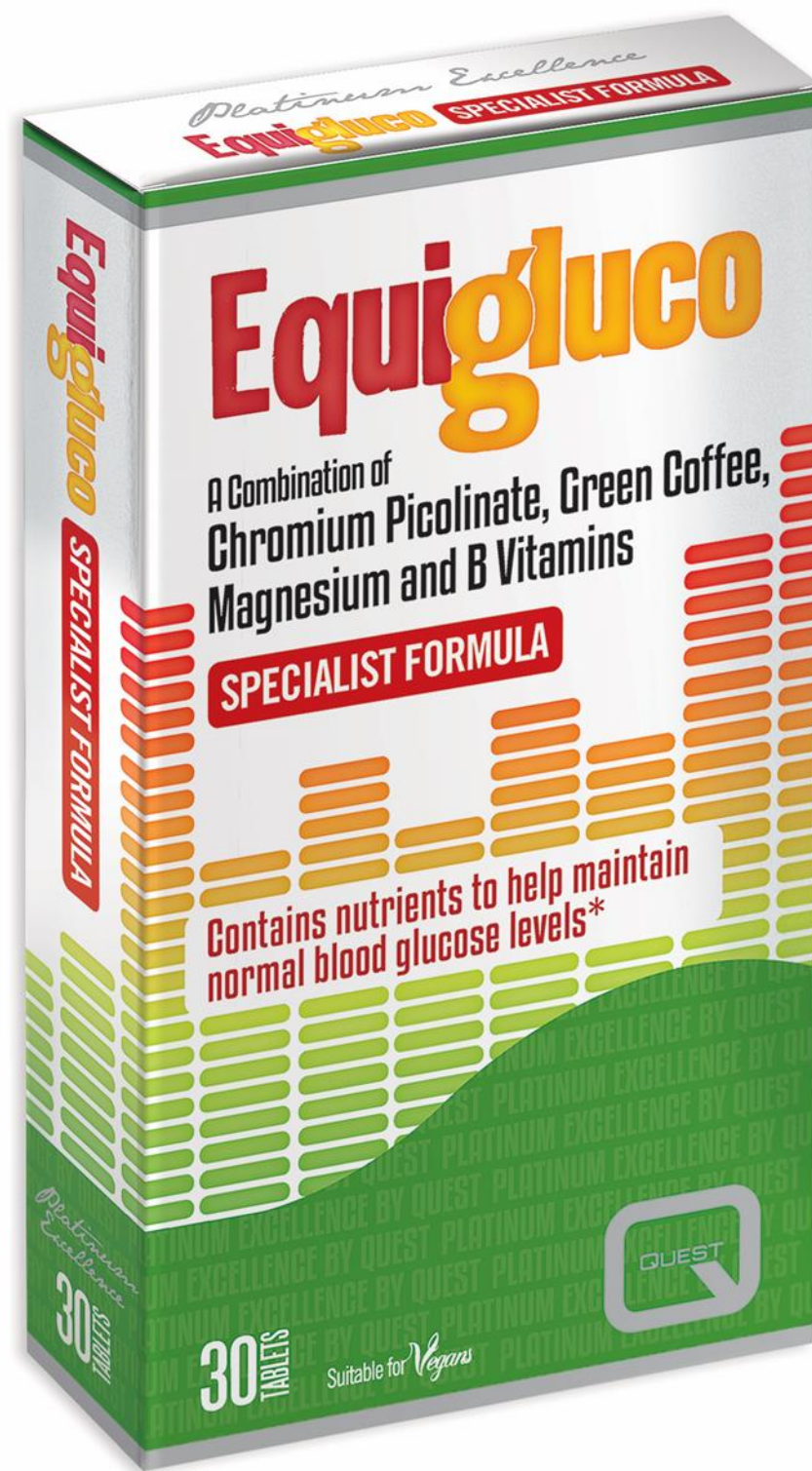
- **Magnesium** – plays a role in glucose metabolism, has been shown to improve insulin sensitivity and reduce insulin resistance in non diabetic adults.
- **Niacin** – works alongside chromium and contributes to normal energy metabolism.
- **Vitamin B6** – contributes to normal glycogen metabolism, 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

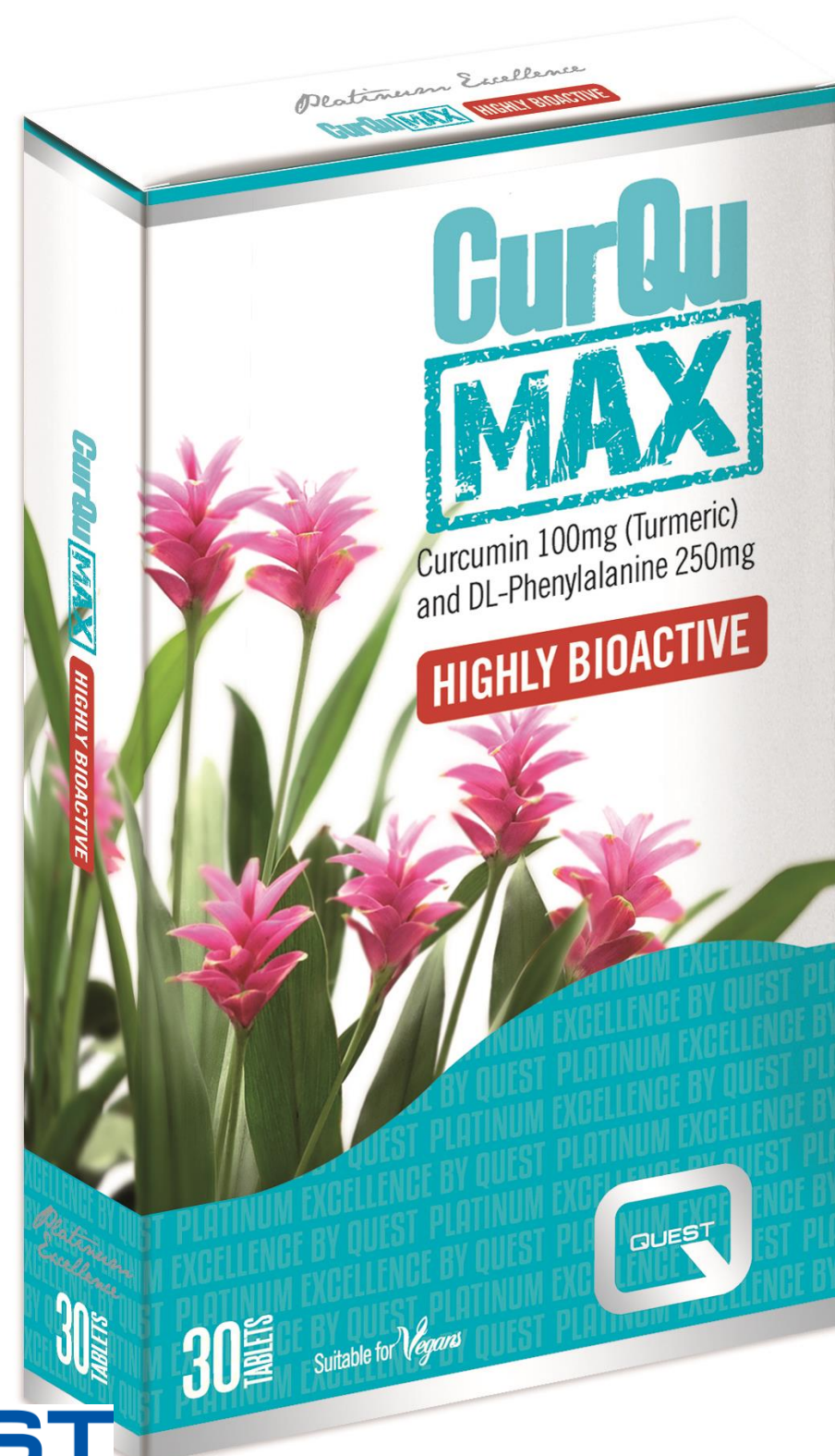
- Synergistic nutrients for maximum balance and effectiveness
- Combining standardised green coffee bean extract, chromium picolinate, magnesium, vitamin B6 and vitamin B3 (niacin)
- Suitable for vegetarians



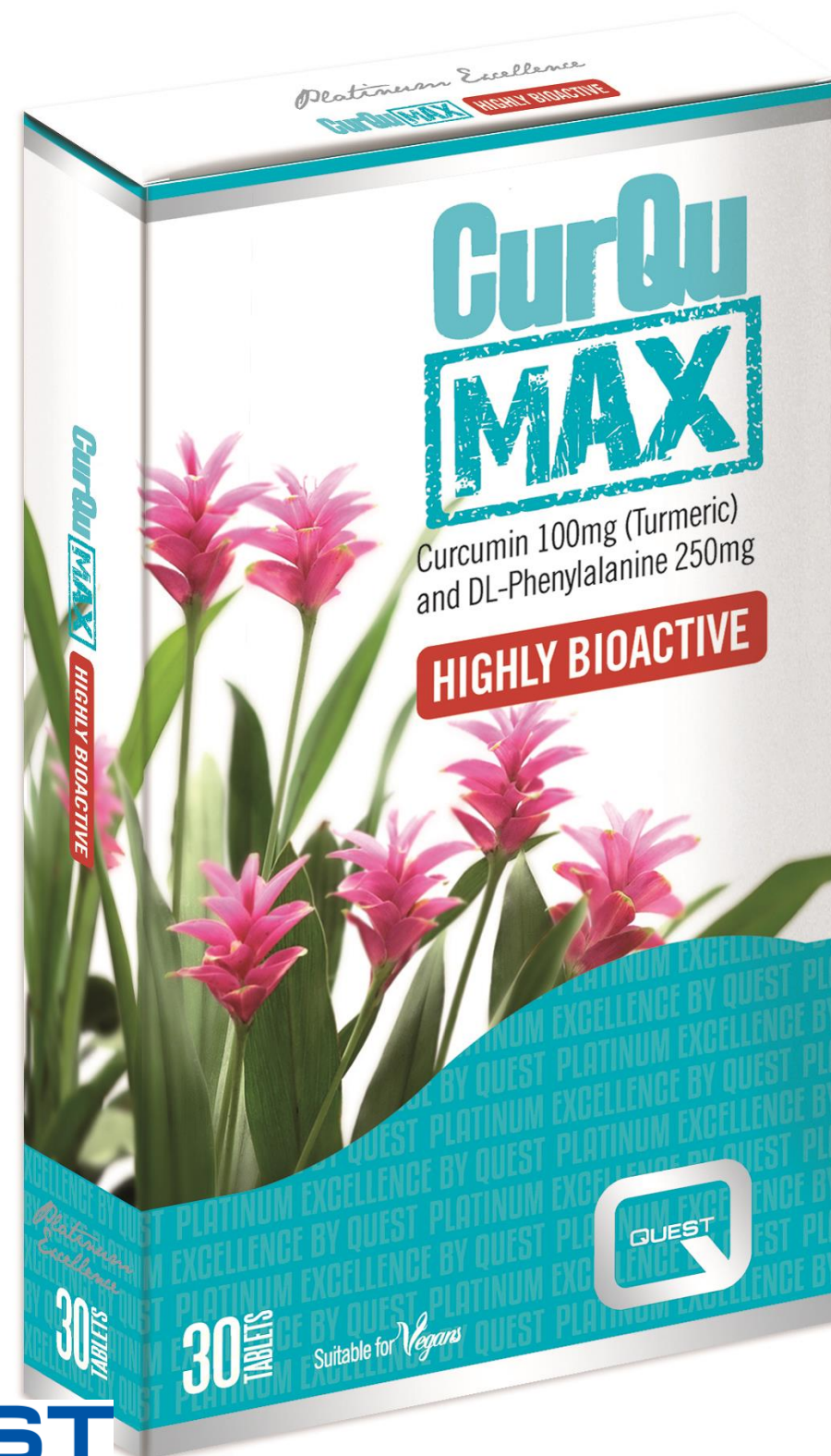
Equigluco

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



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 exert a number of potentially therapeutic efforts including:
- Anti-inflammatory
- Antioxidant
- Antiproliferative
- Neuroprotective, and insecticidal properties

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
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- Aids the liver in breaking down and eliminating fats
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Curcumin

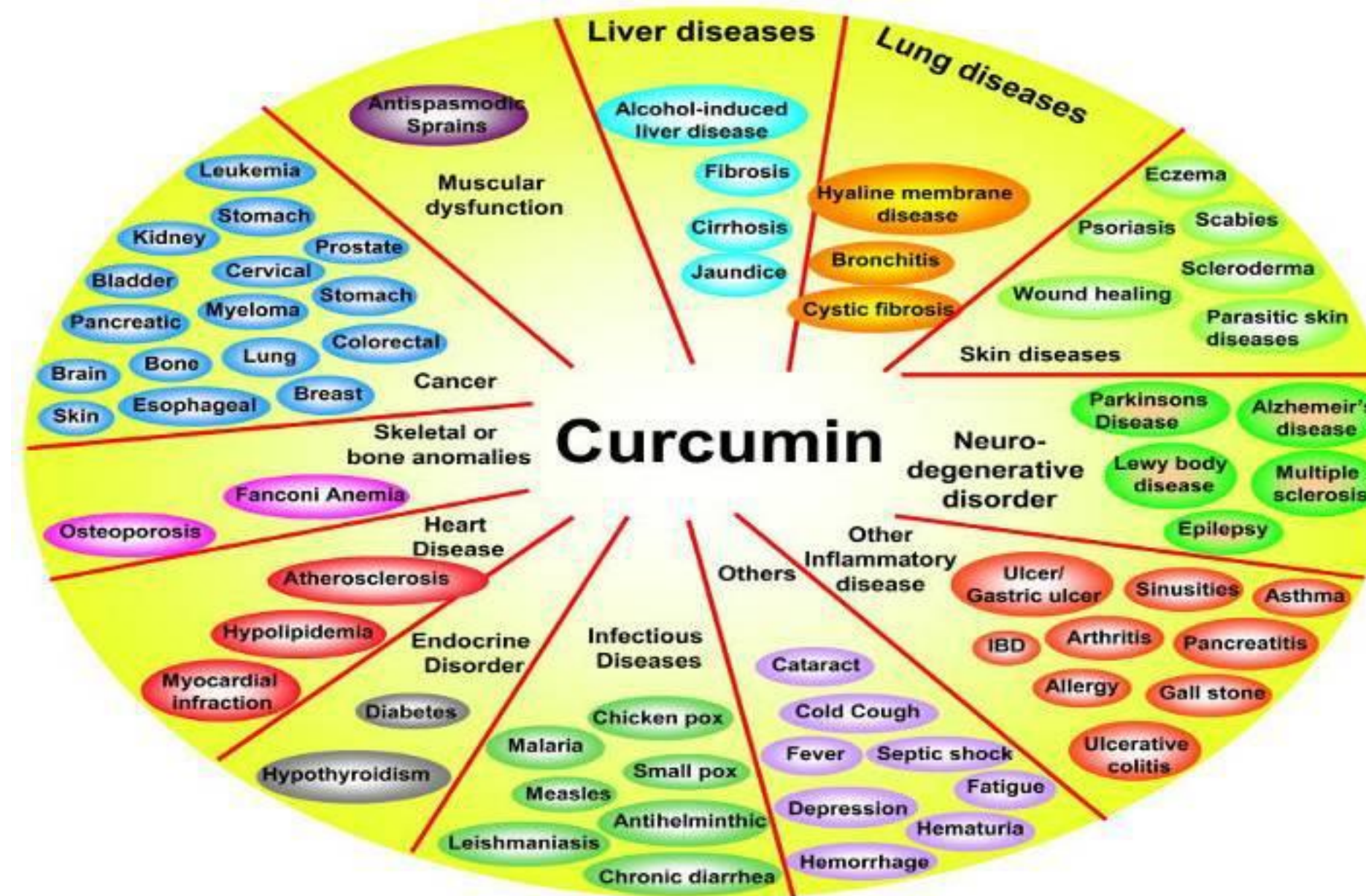
Research

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

Altern Med Rev. 2009 Jun;14(2):141-53. Anti-inflammatory properties of curcumin, a major constituent of *Curcuma longa*; a review of preclinical research.

Int J Biochem Cell Biol. 2009 Jan;41(1):40-59. doi: 10.1016/j.biocel.2008.06.010. Epub 2008 Jul 9. Potential therapeutic effects of curcumin, the anti-inflammatory agent, against neurodegenerative, cardiovascular, pulmonary, metabolic, autoimmune and neoplastic diseases. Aggarwal BB, Harikumar KB.

Curcumin benefits for the body



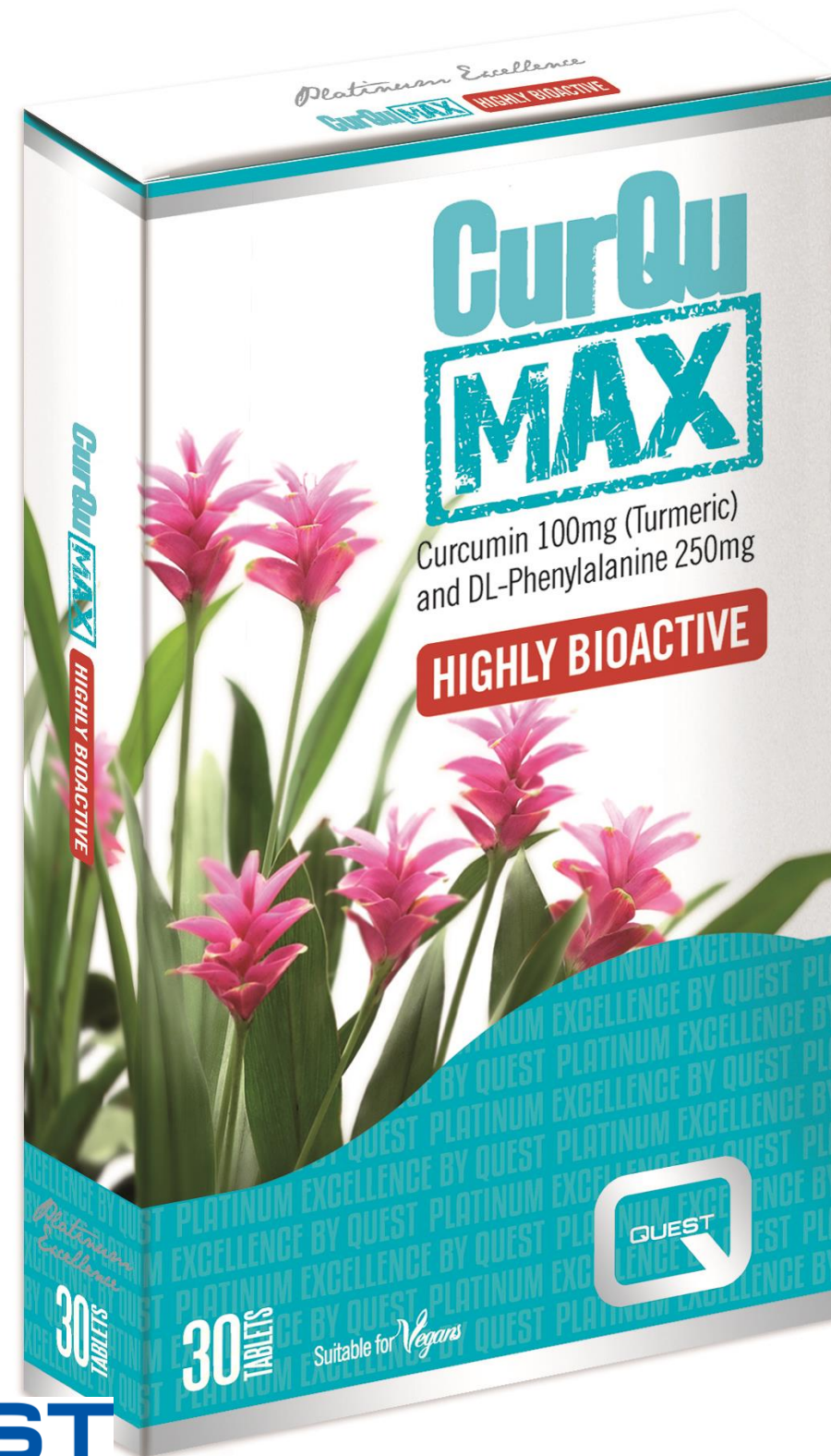
Curcumin

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

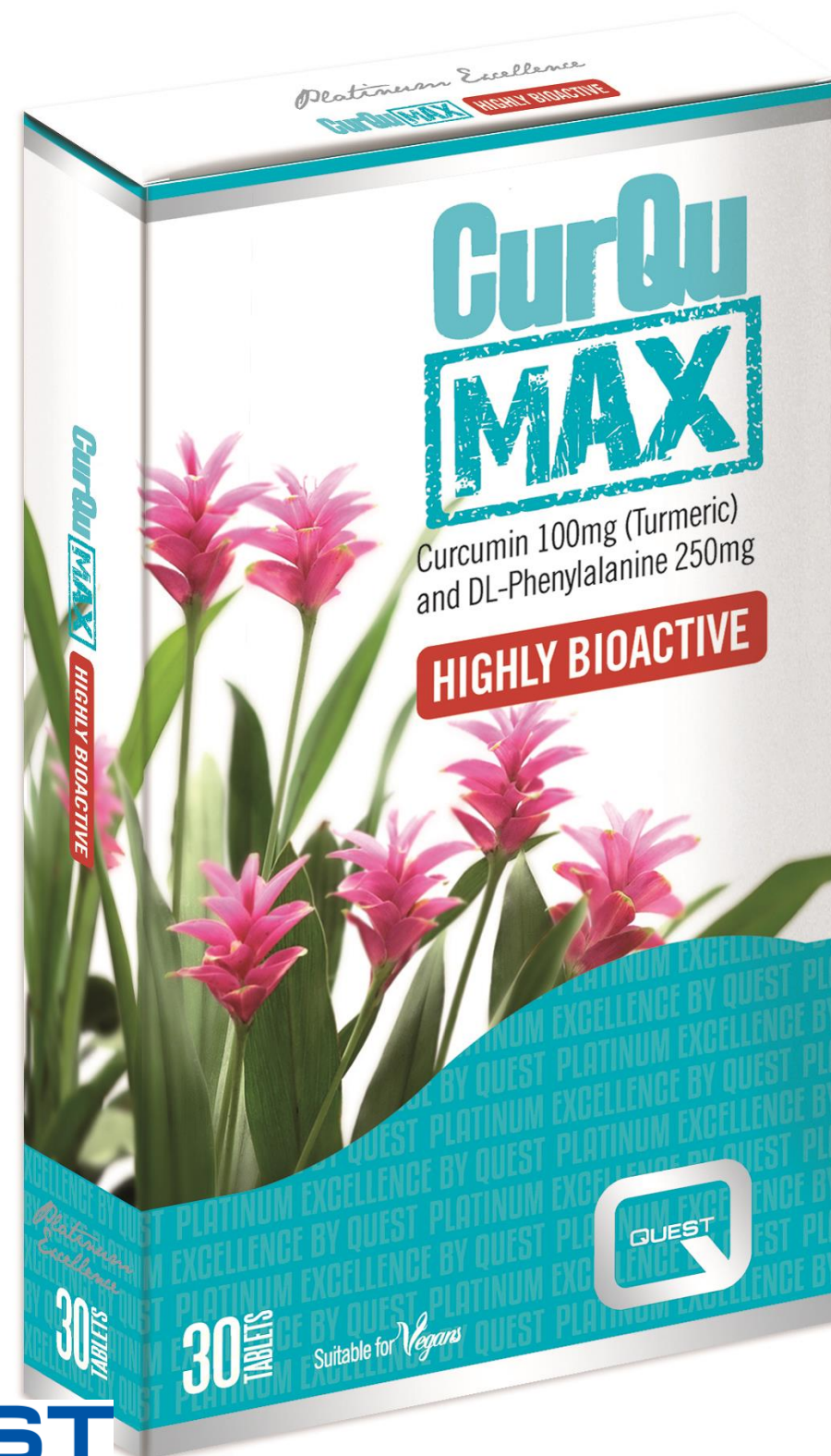


CurQuMax

Combines Turmeric and DLPA

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

Planta Med. 1998 May;64(4):353-6. Influence of piperine on the pharmacokinetics of curcumin in animals and human volunteers. Shoba G, Joy D, Joesph T, Majeed M, Rajendran R, Srinivas PS.



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