## **Golden Life**<sup>™</sup>



# **O-ENZYME Q10** 30 mg

## Ubidecarenone

Indications:

# H<sub>a</sub>C

- Generates energy Powerful antioxidant and anti-aging
- Cardio-Protective effect
- Neuro-protective effect

CoQ-10 is a vitamin-like substance from ubiquinon family found throughout the body in every cell mitochondria where it is needed to generate energy in form of ATP. The human body can naturally make CoQ-10. However, CoQ-10 levels decrease with age so as we get older, supplementation with CoQ-10 becomes important. Smoking uses up the body's store of CoQ-10, too.

## **Anti-oxidant and anti-aging**

Co- O10 has antioxidant activity in mitochondria and cellular membranes, protecting against peroxidation of lipid membranes. Co-Q10 levels decrease with aging in human skin which resulting in lesser ability to produce collagen, elastin and other important skin molecules. Besides, CoO10-depleted skin may be more prone to the damage by free radicals. Thus, CoQ10 may boost skin repair and regeneration and reduces free radical damage.

## **Cardio-Protective effect**

Studies showed that Supplemental CoO10 has

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been touted as a potential treatment for many conditions like congestive heart failure (CHF), chest pain and high blood pressure. It also improves heart muscles function and inhibits the oxidation of LDL-cholesterol. Certain cholesterol-lowering drugs (statins) are known to inhibit the body's natural production of CoQ10, so supplementation is often recommended for statin users helps replenish CoO10 levels and prevents statin myopathy.

## **Neuroprotective effects**

CoQ-10 may be helpful in some neurodegenerative diseases like M.S, and Parkinson's disease, migraine and muscular dystrophy.

## Interaction:

People who take, anti hypertensive drugs, daunorubicin and doxorubicin, blood-thinning medications, timolol, clonidine, gemfibrozil, methyldopa and tricyclic anti depressants drugs, should consult a physician before using.

Pregnant or lactating women should consult a

Supplement Facts	
Composition per tablet	
Ubidecarenone	30 mg

## Presentation:

30 - 60 Film Coated Tablets

## Administration:

Oral, take one tablet daily with meal Marketing Authorization Holder Darman Yab Darou Under license of Vitex Pharmaceuticals pty Ltd (Golden Life) Australia

#### References:

-Beal MF. Therapeutic effects of coenzyme Q10 in neurodegenerative diseases. Methods Enzymol. 2004;382:473-87.

-Dhanasekaran M, Ren J. The emerging role of coenzyme Q-10 in aging, neurodegeneration, cardiovascular disease, cancer and diabetes mellitus. Curr Neurovasc Res. 2005;2(5):447-59.

-Langsjoen PH, Langsjoen JO, Langsjoen AM, Lucas LA. Treatment of statin adverse effects with supplemental Coenzyme Q10 and statin drug discontinuation. Biofactors. 2005;25(1-4):147



