

VITANICA® ~ COQ10 EXTRA™



One of the most diverse nutrients, CoQ10 is an essential component of the mitochondria in our cells and therefore supports several systems in our bodies, including cardiovascular, endocrine, and immune support.

Featured Ingredients:

- Each capsule contains a therapeutic dose of 100 mg of **CoQ10** to promote healthy, optimal mitochondrial function
- **Vitamin E** and **Vitamin C** support maximum antioxidant activity when combined with CoQ10; Vitamin E also supports enhanced bioavailability
- **Lipase** is included to support better absorption since CoQ10 is a fat soluble nutrient
- Research shows positive support for CoQ10 in the cardiovascular, endocrine and immune systems, as well as maintenance for periodontal health

Supplement Facts

Serving Size 1 Capsule, 60 Servings per Container

Amount per Serving		% Daily Value
Vitamin C (as calcium ascorbate)	200 mg	222
Vitamin E (as d-alpha tocopheryl succinate)	33.5 mg	223
Calcium (as calcium ascorbate)	23 mg	2
Coenzyme Q10 (as ubiquinone)	100 mg	†
Lipase	300 FIP	†

† Daily Value not established

Other ingredients: Vegan capsule (HPMC, water), microcrystalline cellulose, silica, l-leucine.

Indications: With all its wide-ranging and supporting benefits for adults, the main benefits of CoQ10 are related to its antioxidant properties and to promoting enhanced energy production in the cells.

Suggested Use: 1 capsule daily with a meal, or as directed by your healthcare practitioner.

Size ~ 60 caps; UPC code ~ 7-08118-02241-8

Contact ~ 800.572.4712; email ~ info@vitanica.com



Quality Control Statement

Vitanica is committed to maintaining the content and purity of our dietary supplements. We believe this is accomplished by focusing on the principles that contribute to well-designed products which will support health without contributing to toxicity, utilizing safe and effective ingredients.

Good Manufacturing Practices involve having policies in place to assure adequate and clean facilities, training of staff, verifying and tracking suppliers, raw material testing, clean and organized manufacturing and labeling lines, record keeping, finished product testing, clean and regulated warehousing, etc.

At Vitanica, we strive for excellence in these principles.

One way to assure quality is through third party certification via on-premise observation and analysis. At Vitanica, we are glad to say our dietary supplement manufacturing facilities are third-party certified, FDA registered and meet all regulation standards set forth by the FDA Dietary Supplement Health and Education Act as outlined in the code of Regulations, Title 21, part 111. In addition, we are a Silver Partner with Emerson Ecologics Quality Assurance Program.

All said, if products are well made, but not well designed, they may fail at supporting health. At Vitanica, we are proud to remind you our products are researched and designed by Dr. Tori Hudson, a Naturopathic Physician specializing in women's natural health.

Vitanica works like a business, but with the heart of a healer. Vitanica began in 1994 with the dream of helping women. Every day, we want to impact women's health through education and healing. Quality assurance is an essential element of meeting our dream.