



CoQnol™ 100 CoQnol™ 200

Superior Endogenous and Exogenous Ubiquinol



CARDIOVASCULAR HEALTH*



CoQnol™ 100 and CoQnol™ 200 are each innovative combinations of two important compounds: ubiquinol, also known as coenzyme Q10 (CoQ10), and geranylgeraniol (GG). CoQnol™ is provided in two convenient serving options: 100 mg and 200 mg per softgel, with optimal amounts of GG.

CoQnol™ is unique compared to conventional CoQ10 supplements, which do not typically include GG. Combining ubiquinol and GG has two purposes — to promote the absorption and bioavailability of supplemental CoQ10 and to support the natural production of CoQ10 in the body.*

CoQ10 is present in two forms in the body: ubiquinone and ubiquinol. The name is derived from the word *ubiquitous* because CoQ10 is present and needed everywhere in the human body. Unfortunately, CoQ10 production may decline naturally with age or due to certain medications.*

The ubiquinol form is the preferred supplemental form of CoQ10.* Ubiquinol promotes cellular health, helps protect the body from the effects of internal stress, and helps to recycle antioxidants in the body to be used again, including vitamins C and E.* CoQ10 is essential for energy production, which is why organs with the highest energy demands (such as the heart and liver) have the highest concentrations of CoQ10.*

GG helps to promote the natural production of CoQ10 in the body.* It is synthesized by the body and occurs naturally in certain foods, such as annatto and flaxseeds. GG also supports energy production, hormonal balance, muscle health, and bone health.*

CoQnol™ may overcome the limitations of supplementing with CoQ10 alone.*

Benefits*

- Supports healthy cardiovascular function
- Promotes healthy aging and energy production
- Supports antioxidant status and immune health
- Supports bone, liver, eye, and skin health

Recommended Use

Take 1 softgel per day with a meal or as directed by your health-care practitioner.

DuoQuinol® is a registered trademark of American River Nutrition, LLC. Use of this product is protected by US Patents 7,989,006 and 11,471,426.

Highlights

- Promotes the absorption and bioavailability of supplemental CoQ10 and the production of CoQ10 synthesis within the body*
- Delivers a unique combination of ubiquinol (as DuoQuinol™) and GG (as GG-Gold®) that may overcome the limitations of supplementing with CoQ10 alone*
- Quillaja extract included for superior absorption into cells*
- Gluten-free, dairy-free, soy-free, non-GMO

*Ipsos 2023 survey among 160 U.S. functional medicine practitioners who are aware of Designs for Health and recommend supplements. Among these practitioners, in an average month, Designs for Health is their most recommended practitioner supplement brand, meaning a brand that is sold by health-care practitioners, in their office. (For sample definition, go to www.designsforhealth.com)

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To contact Designs for Health, please call us at (860) 623-6314, or visit us on the web at www.designsforhealth.com.

Consult with your health-care practitioner about your specific circumstances and any questions you may have about this product.

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*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.