

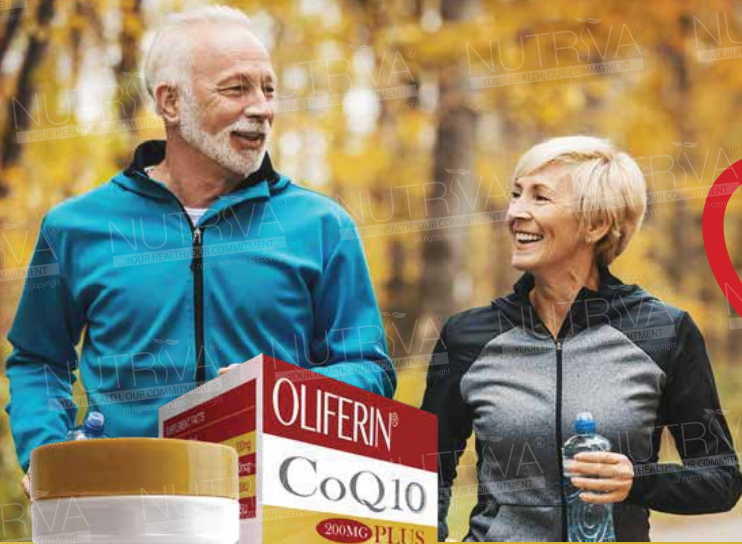
OLIFERIN®

CoQ10

200MG

PLUS Softgel

Optimise Energy Production & Overall Health



MOST NUMBER OF OLIVE HEALTH
SUPPLEMENT PRODUCTS 2020

The information is intended as reference for professional use, strictly for internal circulation.

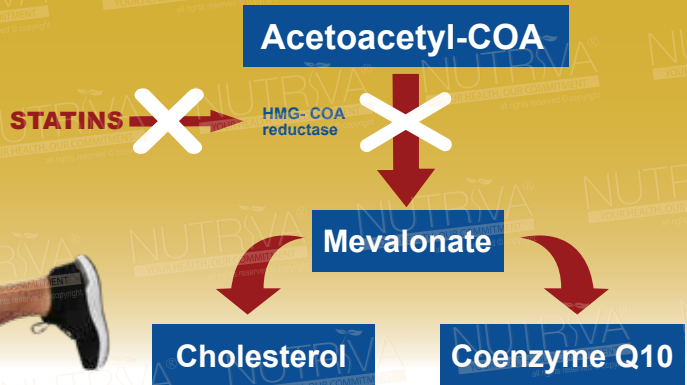
01

Oliferin® CoQ10 200mg Plus provides highly purified, efficacious CoQ10 through its unique fermentation, combined with natural vitamin K2 as MK-7, vitamin D3 and Vitamin E in emulsified delivery form to **support optimal energy**, as well as **improving overall well-being**.

02

Coenzyme Q10 (CoQ10) is an essential lipid-soluble **vitamin** - like substance found naturally in virtually every cell in the human body. CoQ10 sparks energy production and acts as a potent free radical scavenger that protects fats, proteins and mitochondrial DNA from oxidative damage. Our body gradually loses its ability to produce CoQ10 as we age, and deficiency has been associated with certain medical conditions. **Cholesterol - lowering medications (statins)** are also known to **reduce CoQ10** levels. A shortage of CoQ10 in the body results in **fatigue, accelerated aging** and **increased risk for a range of disorders**. Hence, oral supplementation with CoQ10 is important for maintaining CoQ10 in crucial cells to support mitochondrial health.

HOW STATINS IMPACT CoQ10 Levels



Optimising mitochondrial function can improve overall health by:

-  Increasing energy levels and combatting fatigue
-  Promoting healthy ageing
-  Enhancing physical performance and reducing recovery times
-  Encouraging better sleep
-  Increasing mental sharpness
-  Supporting visibly healthier and vibrant skin



Improve antioxidant status

An intervention study has showed coenzyme Q10 supplements at a dose of 150 mg can decrease oxidative stress and increase antioxidant enzyme activity in patients with CAD. A higher dose of **coenzyme Q10 supplements (>150 mg/d) might promote rapid and sustainable antioxidantation in patients with CAD.**

Lee, B.J., Huang, Y.C., Chen, S.J., Lin, P.T. (2012). Coenzyme Q10 supplementation reduce oxidative stress and increases antioxidant enzyme activity in patients with coronary artery disease. *Nutrition*, 28, 250-255.



Relieve migraine headaches

A 3-month, randomized double-blind placebo-controlled study in 45 women demonstrated that those treated with 400 mg of CoQ10 per day experienced significant reductions in the frequency, severity and duration of migraines, compared to a placebo group.

Dahri, M., Tarighat-Esfanjani, A., Asghari-Jafarabadi, M., & Hashemilar, M. (2018). Oral coenzyme Q10 supplementation in patients with migraine: Effects on clinical features and inflammatory markers. *Nutritional neuroscience*, 1-9.



Promote healthy blood pressure and blood sugar levels

A randomised double-blind placebo-controlled study found that patients with **type II diabetes** who took **200 mg of CoQ10** a day over **12 weeks** showed a **significant improvement in long-term glycaemic control**. Supplementation produced, on average, a **threefold increase in CoQ10 levels** in the trial subjects, while **lowering their blood pressure** and hemoglobin A1C, a long-term indicator of blood sugar control.

Hodgson, J.M., Watts, G.F., Playford, D.A., Burke, V., Croft, K.D. (2002). Coenzyme Q10 improves blood pressure and glycaemic control in a controlled trial in subjects with type 2 diabetes. *Eur J Clin Nutr*, 56(11), 1137-42.



Help with exercise performance and recovery

In a double-blinded, placebo-controlled study from Japan, 17 healthy volunteers took coenzyme Q10 (100 or 300 mg per day) or a placebo for eight days while testing physical endurance. Participants rode a stationary bicycle with a fixed rate of resistance for four hours, then rested for four hours and periodically tested maximum speed for 10 seconds at a time. Those who took the **300 mg dose of CoQ10 had significantly better physical performance, less fatigue and recovered more quickly from exercise than placebo.**

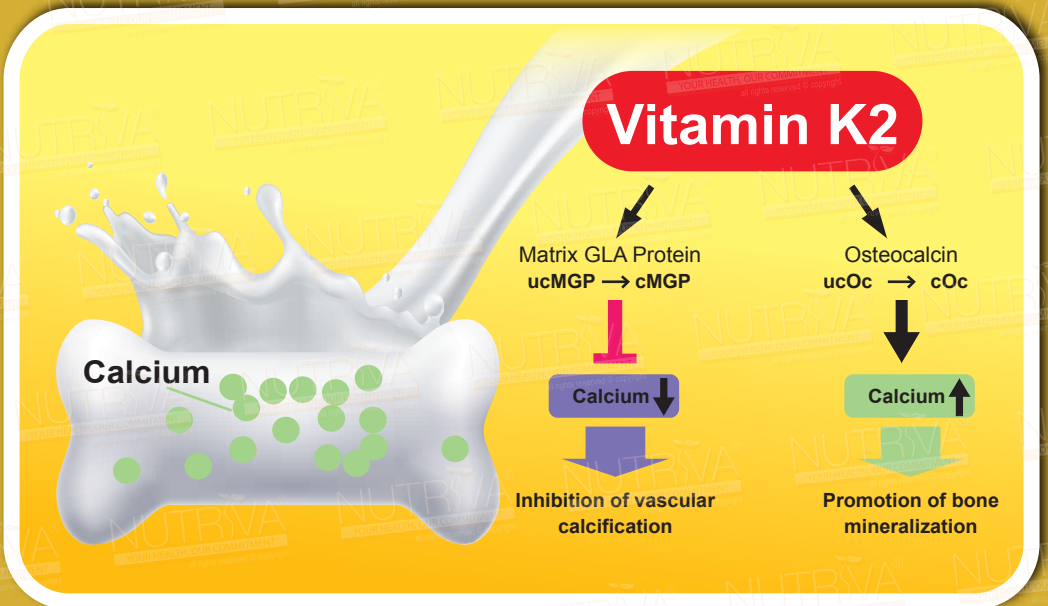
Mizuno K, Tanaka M, Nozaki S, Mizuma H, Ataka S, Tahara T, Sugino T, Shirai T, Kajimoto Y, Kuratsune H, Kajimoto O, Watanabe Y. (2008). Antifatigue effects of coenzyme Q10 during physical fatigue. *Nutrition*, 24(4), 293-9.



04

Vitamin K2 is a **fat-soluble** vitamin required to activate osteocalcin, an important protein secreted by osteoblasts (bone-building cells). When osteocalcin is activated, it helps take calcium from the blood circulation and bind it to the bone matrix. Vitamin K2, when combined with **vitamin D3**, another fat-soluble vitamin helps maintain bone mineral density by decreasing the activity of osteoclasts, the cells responsible for bone resorption (breakdown).

Vitamin K2 is linked to the inhibition of vascular calcification, which results in stiffness and fragility of blood vessels. The same osteocalcin that vitamin K2 activates also triggers the activation of another protein called matrix GLA protein (MGP), which sweeps excess calcium out of soft tissues such as arteries and veins. Data from the Rotterdam Study in 2004, which followed more than 4,807 subjects aged 55 and older for up to 10 years, showed associations between vitamin K2 intake and aortic calcification. Subjects diagnosed with severe aortic calcification had a lower intake of vitamin K2 compared with subjects with mild to moderate aortic calcification.



MenaquinGold

Natural Vitamin K2-7

MenaquinGold® is a patented natural vitamin K2-7, which is obtained in a soy-free fermentation process with a non-genetically modified, GRAS organism. Research shows that MenaquinGold® alleviates muscle cramping and improve aerobic fitness by increasing the body's utilization of oxygen, or V02max.

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Each softgel of Nutriva CoQ10 200mg Plus contains:

Coenzyme Q10 (Ubidecarenone)	200mg
Vitamin K2	30mcg
Vitamin D3	300IU
Vitamin E	7.5IU

Blended in a base of **Extra Virgin Olive Oil**, offering the greatest benefits to the body against free radicals.

- Indication** : Used As Health Supplement.
- Dosage** : For adults, take 1 softgel, once daily with meal or as directly by doctor or pharmacist.
- Contraindication** : Consult health practitioner if you are on anticoagulant / blood thinner products.

05 Oliferin® CoQ10 200mg Plus

- Contains highly purified CoQ10 from yeast, natural vitamin K2 as MK-7 (MenaquinGold), vitamin D3 and Vitamin E in an emulsified delivery form for maximal absorption
- Improve energy levels and metabolic function
- Replenish CoQ10 levels in the body.
- Increase antioxidant protection & improve overall well-being
- Highly recommended for those aged 35 and above, elderly, individuals who are physically active, athletes, those who are taking statins, and people with prolonged stress



MenaquinGold®

Natural Vitamin K2-7

tokiwa
Pharmaceutical

A QUALITY PRODUCT OF:

NUTRIVA®
YOUR HEALTH. OUR COMMITMENT

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