

"The only type of CoQ10 you should be taking now"

Japanese breakthrough helps achieve higher levels in your bloodstream, more energy, better antioxidant protection.

If you are concerned about your heart health ... if you suffer from fatigue, muscle aches, or memory issues... then this is going to be big news for you.

You probably know that CoQ10 plays a pivotal role in your health. CoQ10 is the "spark plug" that ignites energy production in every one of your 50 trillion cells. Without CoQ10 ... no energy ... and no life!

CoQ10 is also one of the most powerful antioxidants in your body. It works inside your cell membranes and crosses the blood-brain barrier. It protects your cells, proteins and even your DNA from free-radical damage.

But as good as CoQ10 is, there's a big problem with taking it as a supplement...

Problems with the CoQ10 you're taking

It's very difficult for your body to absorb conventional CoQ10. Even if it's packed in liquid gel caps with vitamin E or fat to make it easier to absorb. Only as little as 4% may actually reach your bloodstream.

But until now, this conventional CoQ10 was your best (and only) option. Another problem is that once the CoQ10 enters your body, it has to be converted to a more natural, bio-available form of CoQ10 called Ubiquinol — before you get any of its energy-boosting benefits.

That's okay when you're young. But as you get older, you convert less and less. Your total levels of CoQ10 drop. So does your ability to metabolize CoQ10 into the bio-available form your body really needs.

Medications can lower your CoQ10 levels, too. Cholesterol-lowering statin drugs do the same.

Statins work by suppressing an enzyme in your liver that makes both cholesterol and CoQ10. So it's no surprise that statins can cause a CoQ10 deficiency. In fact, statins can reduce blood levels of CoQ10 by up to 40%.

This deficiency can lead to many heart, muscle and brain problems. And with statins, you may not see the side effects for a year.

But now we've got great news for you. Japanese scientists have now developed

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The most bio-available form of CoQ10 ever

If you break open a standard CoQ10 capsule you'll see a familiar orange substance. That's the conventional form of CoQ10 we've known for years. It's called ubiquinone.

For the past 40 years, that was the only type of CoQ10 available in supplement form. You had to swallow conventional CoQ10 then wait as your body converted it to the more bio-available form called **Ubiquinol**. Only then could your body start to use CoQ10's amazing power to charge up your heart, brain, muscles and cells.

For years, scientists struggled to find a way to capture and preserve this "bio-identical" form of CoQ10. The trouble was, Ubiquinol is extremely unstable. It "oxidizes" into ordinary CoQ10 seconds after it's exposed to air or sunlight.

But now, after more than 10 years of research and development, scientists in Japan have found a way to encapsulate this more bio-available form of CoQ10 in a supplement form that's...

8 times better absorbed!

Perhaps the most exciting aspect of this new type of CoQ10 is how bio-available it is. Ubiquinol is absorbed quickly and in high amounts — far higher than regular CoQ10. In fact, studies show that Ubiquinol is absorbed 8 times more efficiently than the standard CoQ10.

That means just 25 mg per day of Ubiquinol provides virtually the same high CoQ10 blood levels as 200 mg of standard CoQ10. It's Kaneka QH.

Highest CoQ10 blood levels ever recorded!

Ubiquinol is so much more bio-available that in one study, it raised plasma levels from .59 to .91 in young people, and from .82 to 1.33 in older patients. That's a 62% lift in CoQ10 blood levels. And that's just the beginning...

- Another study showed 300mg of Ubiquinol for 4 weeks caused a "markedly high" serum level of 8.413umol/L - an 11-fold increase over baseline.

- The highest net increase in blood levels of any research study to date occurred using Ubiquinol at a dose of 600 milligrams daily. Blood levels reached 10.7 umol/L - higher than in any previous study of CoQ10!
- And get this: healthy volunteers in their 50s took conventional CoQ10 for a year. They still couldn't match the CoQ10 plasma levels achieved by volunteers taking Ubiquinol for just 3 months.

This shows that you can take smaller doses of Ubiquinol and achieve the same or better results than with standard CoQ10.

This is great news for people who can't efficiently convert CoQ10 to Ubiquinol — either due to age or illness. Now, supplementing with Ubiquinol will restore healthy levels of CoQ10 in your bloodstream and organs faster than anything you've experienced before.

So what can higher levels of natural, bioactive CoQ10 in your heart, brain, organs and tissues do for you?

Restores youthful stamina and energy levels

Restoring your CoQ10 to healthy levels can give you back the youthful energy you had years ago.

In one animal study, researchers measured the effect Ubiquinol had on mice and exercise. The mice taking Ubiquinol were able to run continuously 2.5 times longer than mice taking conventional CoQ10.

Other studies show that Ubiquinol reduces exercise-related fatigue 90% better than conventional CoQ10. Supplementing with Ubiquinol is the ideal way to restore and sustain your natural, youthful energy.

Shields your heart, brain and organs from deadly free radicals

Ubiquinol is also one of the most powerful fat-soluble antioxidants known to science. It has a special advantage that protects your body from damage caused by oxidative stress and free radicals.

The advantage comes from having 2 extra electrons compared to the conventional CoQ10 molecule. This makes a huge difference. Ubiquinol donates

these 2 extra electrons to unstable free radicals like peroxides-and neutralizes them.

And because it's fat-soluble, Ubiquinol can penetrate deep inside your cell membranes, into the very hub of your cells. It protects the mitochondria of your cells and even your DNA. Its potent free radical scavenging extends to brain tissue, where it protects neurons from the ravages of oxidative damage.

Ubiquinol also "recharges" other antioxidants in your body, such as vitamins A, C and E.

And in the blood, Ubiquinol protects against the oxidation of cholesterol more powerfully than other major antioxidants. Better than lycopene, beta-carotene, and tocopherols.

Boosts memory and brain function, too

Ubiquinol is great for neurological support. Since your brain is extremely metabolically active, CoQ10 helps your neurons make more energy. And when your neurons make more energy, you get better brain function.

Plus, since Ubiquinol is 8 times more bio-available, it can achieve the same effect with much smaller doses. It can protect neurons from oxidative damage and potentially ward off cognitive decline.

Give your immune system the boost it needs

When your immune system goes into battle against illnesses, your immune cells need huge amounts of energy.

Research shows the energy boost from Ubiquinol enhances the activity of key immune functions. Like increasing antibody production and phagocyte activity. These are special immune cells that devour pathogens and other infections.

Ubiquinol also has the ability to increase oxygen utilization in your body. When your immune system is busy fighting viruses, bacteria and other toxins, this shot of oxygen can give it the extra strength it needs.

Slows down the effects of aging!

Because of its energy-rich, antioxidant ability, there can hardly be a more significant nutrient than Ubiquinol on aging and health.

In one astonishing study, researchers took mice that were bred to age quickly. By the time middle age set in (around 9 months in mice), Ubiquinol had slowed the aging process by 51% better than the control mice. *And 40% better than conventional CoQ10!*

By "old age" — 12 months — the difference was shocking. The control mice could barely move and were unresponsive, due to advanced aging. The mice on conventional CoQ10 were only slightly better.

But the mice taking Ubiquinol were alert, responsive and energetic. They had no physical lesions or deformities. Their coat was the glossy type of a healthy young mouse!

Remember, these mice were specially bred to get old fast. Yet Ubiquinol dramatically postponed their symptoms of aging.

Support for every part of your body...

Ubiquinol is so important for energy production and optimal health, it's no wonder it works on so many parts of your body, including:

- **Normalizes blood pressure:** 12 clinical trials show it has the potential to help maintain healthy blood pressure without significant side effects.
- **Supports better blood sugar levels.** Research shows people with high blood sugar often have up to 74% less Ubiquinol in their systems. So supplementing with Ubiquinol can support your body's ability to maintain normal blood sugar levels.
- **Restores healthy gums:** In several double-blind clinical trials, supplementing with CoQ10 significantly improved gum tissue.
- **Repairs damaged cells and even your DNA:** Ubiquinol helps repair and restore healthy cells throughout your body. It also helps build and repair the DNA you need for normal healing and growth.
- **Promotes healthy weight control.** Many obese people have low levels of CoQ10. Now, clinical studies show CoQ10 can speed up the metabolism of fats. Together with regular exercise and proper diet, Ubiquinol can help you melt fat away like a top athlete!

- **Even fosters younger-looking skin!** Studies show Ubiquinol may protect your skin against damage from harmful UV rays and the effects of aging.

2 other heart-healers for Great Protection

Makes Ubiquinol work even better! Here they are...

In a recent study, researchers looked at the effect that the nutrient **L-carnitine** had on the heart. They used a randomized, double-blind study (the best kind). They divided 62 patients into two groups. One group took CoQ10 and L-Carnitine daily for 12 weeks. The other group took a placebo.

The group taking both supplements showed significant improvements in their shortness of breath and fatigue. They exercised better, too. All this is a sign that their heart cells produced more energy with the two supplements together.

And the best part: researchers used a relatively small amount of CoQ10. So we know that carnitine played a big role in the results.

Your body needs L-carnitine or "ALC" as it's commonly called, to burn fat and make energy in your mitochondria. So it's no surprise that adding carnitine to your regimen will "re-charge" your mitochondria and fire up the energy in your heart, brain, organs and muscles.

And that's not all. Researchers also found carnitine helps lower your risk of complications from high blood sugar ... reduce fatigue ... ramp up the energy in your brain for better thinking and longer attention span... and it may even slow down the effects of aging.

So if you have any type of heart, cardiovascular or energy concerns, it's one nutrient that should be part of your arsenal.

Reverse aging ... boost your energy

How would you like to have enough energy to do all the things you dream of doing?

One of the best nutrients — **alpha lipoic acid**— can re-invigorate you and help you turn back the clock by 20 years or more.

Studies show alpha lipoic acid can practically reverse aging. Researchers tested it against 100 detoxification and antioxidant genes in mice. When given alpha lipoic acid, "their cognitive ability, behavior, and genetic expression are

comparable to that of young animals." The animals weren't just living longer, they were living better.

How does it do it? Researcher at the Linus Pauling Institute, found that alpha lipoic acid *restores levels of glutathione to that of a young animal.*

You probably already know that glutathione is a critical antioxidant and detoxifier. When glutathione levels decline, you become more susceptible to free radicals and other environmental toxins.

Researchers also found that alpha lipoic acid...

- Recycles vitamins C and E in your body, boosting their effectiveness.
- Helps detoxify your body of heavy metals, especially mercury and cadmium.
- "Kick starts" declining function in cells that were more abundant in youth.
- Reduces mitochondrial degeneration. Protecting your mitochondria is crucial to good health and high energy levels. The slower they age, the slower you age.
- Soothes inflammation throughout your body, which helps with many degenerative health conditions.

Only type of CoQ10 you should be taking

The average person taking CoQ10 usually takes around 100 to 200 mg. per day. Since Ubiquinol is 8 times more bioactive, only 25 mg. is equivalent to 200 mg. of conventional CoQ10. That's a good dose. And if you take the 2 softgels a day that's equal to 400 mg. a day.

This breakthrough helps you achieve higher levels in your bloodstream, more energy and even better antioxidant protection.

The commonly sold form of CoQ10 is Ubiquinone which is reduced by the body after absorption to the usable form, Ubiquinol. As the body ages, it produces less and less CoQ10 and becomes less efficient at converting CoQ10 to Ubiquinol. Studies indicate that Ubiquinol is absorbed very defiantly by the body and may be equal to as much as eight times that of common Ubiquinone supplements. Our Ubiquinol 50mg soft gelatin capsules help ensure that your body gets the required levels of CoQ10 in a readily assimilated form to fight free radicals. The antioxidant action of Ubiquinol may be considered to be one of the most important functions in cellular systems.

HOW TO USE
As a dietary supplement take one (1) capsule once or twice daily, or as directed by your healthcare provider. Do not exceed the recommended dose

CAUTION: Do not exceed recommended dose. Pregnant or nursing mothers, children under 18, and individuals with a known medical condition should consult a physician before using this or any dietary supplement. This product is manufactured and packaged in a facility which may also process milk, soy, wheat, egg, peanuts, tree nuts, fish and crustacean shellfish.

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.

Our select line of supplements were compiled as a focused effort for the 45 and over group called Zoomers. Please join our health movement at www.bozomer.com

Supplement Facts
Serving Size 1 Soft Gelatin Capsule

Amount Per Serving	
Ubiquinol (Kaneka QH™) (Enhanced Bioactivity Co Q-10)	50 mg *

*Daily Value not established.

Other ingredients: Pure olive oil, gelatin, vegetable glycerin, ascorbyl palmitate, natural caramel color, soy lecithin, titanium dioxide (color), and purified water
ALLERGEN WARNING: CONTAINS SOY (LECITHIN).

Contains no: sugar, starch, yeast, salt, wheat, corn or milk, No preservatives, artificial colors or flavors added.

Kaneka QH™ is a trademark of Kaneka Corp.
† Up to 8 times more efficient than CoQ10

Lot#: Manufacture Date: 5467-17927-60
Best if used by:

Made in USA – Manufactured for:
bozomer
Clarkston, MI 48346
888-571-5096

OTHER INGREDIENTS IN OUR UBIQUINOL

What is Natural Caramel Color? Caramel color is a commercially produced beige to dark brown color that is made using natural ingredients. Caramel color itself results from the process of caramelization, or the carefully controlled heating of carbohydrates (nutritive sweeteners). Caramel color is naturally derived. Sugars are cooked to produce a brown color that is used in a wide variety of consumer products.

Pure Olive Oil, Purified Water

What is Titanium? Titanium Dioxide is a naturally occurring substance both colorless and odorless. It has been around for as long as anyone can remember and is one of the top 50 chemicals produced today. The [World Health Organization](#) and the Food and Agriculture Organization have done studies, and found the mineral to be safe for human consumption. Also, the United States Department of [Food and Drug Administration](#) allows humans to consume it, apply it to their skin. Overall it claims that this item is safe for the public.

What is Ascorbyl Palmitate? As a powerful variety of vitamin C, this highly effective antioxidant has been used to promote and maintain healthy skin, increase energy and overall levels of vitality. It is better absorbed than ascorbic acid, the water-soluble form. It offers all the benefits of ascorbic acid, plus it won't flush out of the body as quickly as ascorbic acid, and it is able to be stored in cell membranes until the body needs it.

What is Gelatin? Gelatin is a colorless or slightly yellow, nearly tasteless and odorless substance obtained by boiling the tendons, and ligaments of animals. As a result it contains protein, collagen (a primary component of joints, cartilage, and nails), and various amino acids. It has long been a key ingredient for providing support for "jelled" desserts, salads, frozen drinks. Gelatin has many uses in food, medicine and manufacturing. Substances that contain or resemble gelatin are called gelatinous. Gelatin is a common substance used in capsules for vitamins and herbs and is harmless, basically providing some protein and amino acids. These are gelatin capsules that dissolve within minutes in the stomach.

What is Soy Lecithin? Lecithins are oily substances that occur naturally in plants (soybeans) and animals (egg yolks). Soy lecithin is extracted from soybeans either mechanically or chemically. It's actually a byproduct of the soybean oil production. Some people use it as a supplement because it's high choline content. Choline is micronutrient that is good for heart health and brain development. But it's not the reason soy lecithin is used as an additive in foods. It possesses emulsification properties. This means it can keep a candy bar "together" by making sure that the cocoa and the cocoa butter don't separate. It is also used in bakery items to keep the dough from sticking and to improve its ability to rise. Most people with soy allergies needn't worry about products containing soy lecithin, because it is derived from the soybean oil, whereas the allergy itself relates to the soy protein.

Please contact us at www.bozomer.com for our complete family of supplements. Thank You!