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NOW Foods 3209

NOW Foods CoQ10 100 mg Softgels User Manual

Pharmaceutical Grade Coenzyme Q10 for Cardiovascular Health

1. INTRODUCTION

This manual provides essential information regarding the NOW Foods CoQ10 100 mg Softgels. Coenzyme Q10 (CoQ10) is a naturally occurring compound vital for cellular energy production and acts as a free radical scavenger. It is concentrated in organs with high energy demands, such as the heart, liver, and kidneys. CoQ10 levels may decline with age. This supplement is designed to support cardiovascular health and cellular function.





Image 1: Front view of the NOW Foods CoQ10 100 mg Softgels bottle, highlighting its key benefits for cellular energy production and cardiovascular health.

2. PRODUCT OVERVIEW

NOW Foods CoQ10 100 mg Softgels are formulated to deliver pharmaceutical-grade CoQ10. This product supports cellular energy production and functions as a potent free radical scavenger within cell membranes and blood vessels. Consistent scientific research indicates that CoQ10 contributes to maintaining a healthy heart and vascular system. Slight separation and color variation in the softgel are natural and do not affect product quality.



General Health

Family owned since 1968.

Supplement Facts

Serving Size 1 Softgel

Amount Per Serving

Coenzyme Q10 (CoQ10)	100 mg**
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** Daily Value not established.

Other ingredients: Softgel Capsule [bovine gelatin (BSE-free), glycerin, water, organic caramel color], Organic Extra Virgin Olive Oil, Mixed Tocopherols (from sunflower oil), Sunflower Lecithin and Silicon Dioxide.

Manufactured & Quality Tested by NOW FOODS
395 S. Glen Ellyn Rd., Bloomingdale, IL 60108, USA
nowfoods.com

Not manufactured with wheat, gluten, soy, corn, milk, egg, fish or shellfish ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

NOW® CoQ10 is pharmaceutical grade. NOW CoQ10 products contain only the all-trans form of CoQ10 produced by fermentation.

Separation and color variation in the softgel may occur. This is natural and doesn't affect product quality.

Image 2: The NOW Foods CoQ10 bottle, emphasizing benefits such as Cellular Energy Production, Free Radical Scavenger, and Cardiovascular Health.

3. INGREDIENTS

Each softgel contains Coenzyme Q10 (CoQ10) as the primary active ingredient. The formulation includes other components to ensure stability and delivery.

Supplement Facts

Serving Size	1 Softgel
Servings Per Container	150
Coenzyme Q10 (CoQ10)	100 mg

Other Ingredients

Softgel Capsule [bovine gelatin (BSE-free), glycerin, water, organic caramel color], Organic Extra Virgin Olive Oil, Mixed Tocopherols (from sunflower oil), Sunflower Lecithin, and Silicon Dioxide. This product is not manufactured with wheat, gluten, soy, corn, milk, egg, fish, or shellfish ingredients. It is produced in a GMP facility that processes other ingredients containing these allergens. NOW® CoQ10 products contain only the all-trans form of CoQ10 produced by fermentation.

Softgel Size

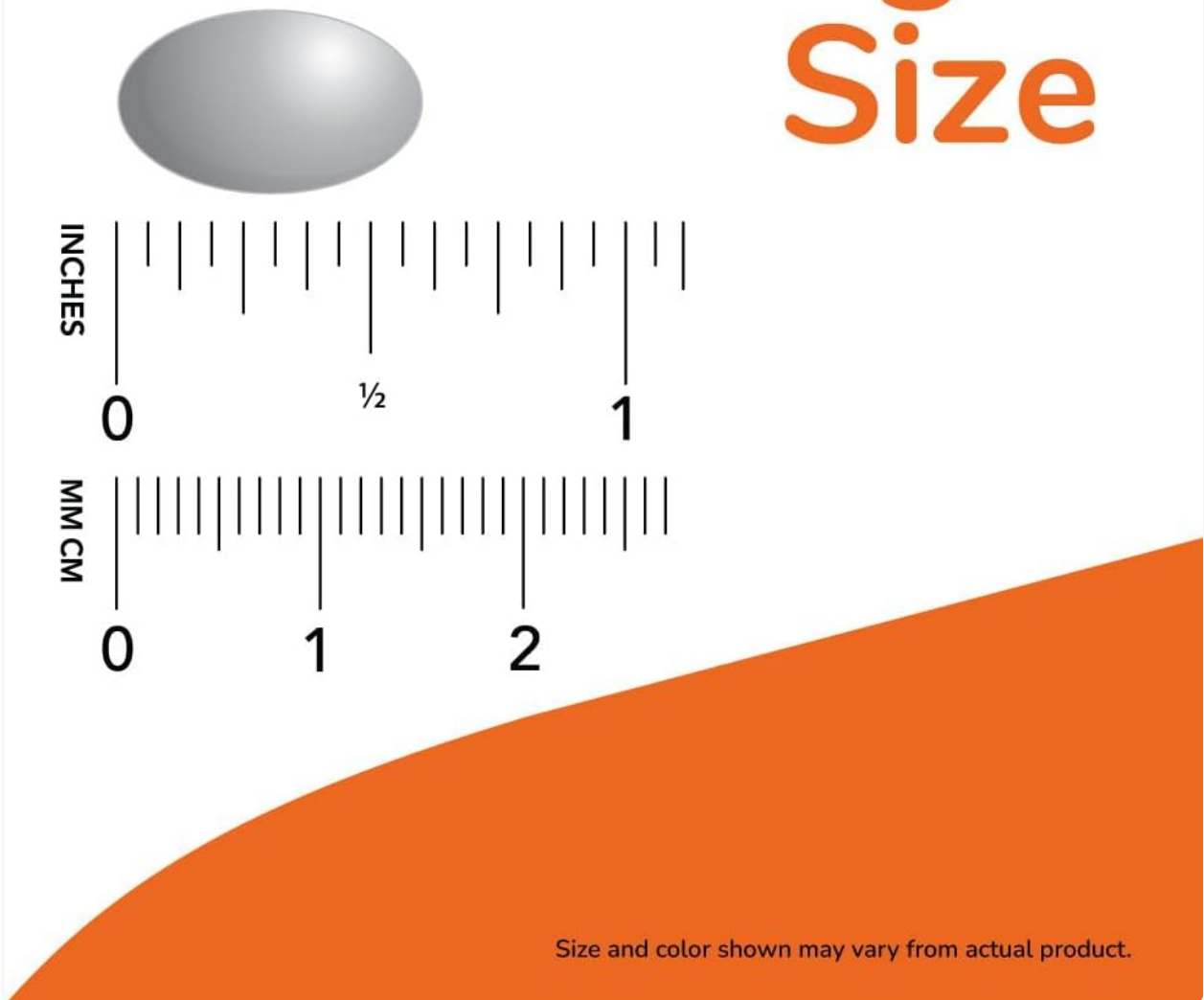


Image 3: Detailed Supplement Facts and ingredients list from the product label.

4. DIRECTIONS FOR USE

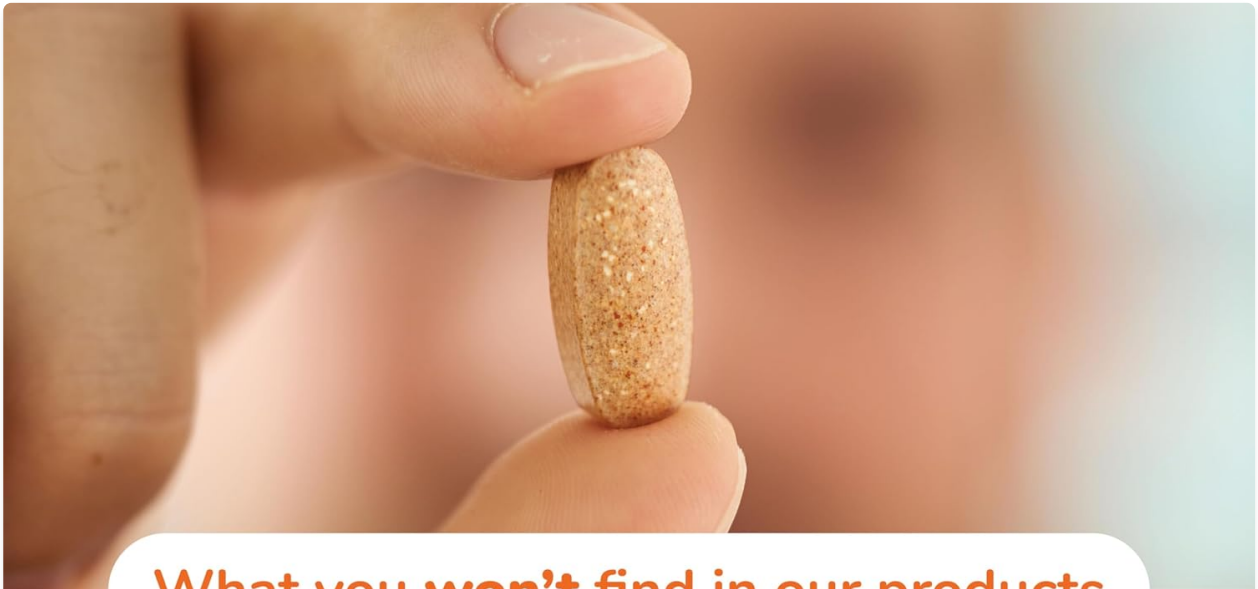
For optimal results, take 1 softgel 1 to 2 times daily with food. Adhering to the recommended dosage is important for efficacy.

5. STORAGE AND MAINTENANCE

Store the product in a cool, dry place after opening to maintain its quality and potency. Keep out of reach of children.

6. WARNINGS AND SAFETY

Caution: This product is intended for adults only. Consult a physician if you are pregnant, nursing, taking medication, or have a medical condition before use. The statements regarding this product have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. Always consult with your professional healthcare provider before changing any medication or starting a new supplement regimen.



What you won't find in our products



Aspartame,
Sucralose, or Ace K



Microbial
Pathogens



Unlabeled
Common Allergens



Artificial
Colors



Hydrogenated
Oils



Parabens



MSG



Artificial
Flavors



Harmful Levels
of Pesticides



Irradiation of Food
and Supplement
Ingredients



Harmful Levels of
PCBs and Dioxins



Nano-Particle
Ingredients

The item shown may differ from what you receive.

Image 4: Information detailing substances not found in NOW Foods products, such as artificial colors, parabens, and harmful levels of pesticides.

7. PRODUCT SPECIFICATIONS

- **Item Model Number:** 3209
- **Product Dimensions:** 2.45 x 2.45 x 4.55 inches
- **Item Weight:** 0.12 Kilograms (approximately 4.23 ounces)
- **Unit Count:** 150 Count
- **Item Form:** Softgel
- **Primary Supplement Type:** Vitamin (CoQ10)
- **Diet Type:** Kosher
- **Special Ingredients:** Sunflower Lecithin
- **Product Benefits:** Heart Health Support
- **Date First Available:** April 21, 2004

Certifications Matter

Intertek GMP certification means that every aspect of the NOW[®] supplement manufacturing process has been audited, including our laboratory/testing methods (for stability, potency, and product formulation).



Image 5: Visual representation of the softgel size in inches and millimeters.

8. MANUFACTURER INFORMATION AND SUPPORT

This product is manufactured by NOW Sports - Nutrition and Wellness. For additional information or support, please visit the official NOW Foods website or their store on Amazon: [NOW Foods Amazon Store](#).



THERE IS A FINE LINE BETWEEN PASSION AND OBSESSION.

And by conducting **31,000 quality tests** each month we've happily crossed it! At NOW, we have 150+ scientists that are trained on the most cutting-edge analytical instruments to test for everything from pesticides to potency.

Image 6: Graphic highlighting the importance of certifications, specifically Intertek GMP certification, for NOW Foods supplements.

9. WARRANTY INFORMATION

Specific warranty details for this product are not provided in the available product data. For information regarding returns, refunds, or product guarantees, please refer to the retailer's policy where the product was purchased or contact NOW Foods directly through their official channels.