

Betavitevit

Coenzyme Q10 30 mg

Start up the energy!

dietary supplement

1 tablet neto mass contains on average: 0.640 g

Active ingredients:	100 g of product contains:	1 tablet (640mg) contains:	%RDA*
Dry brewer's yeast	21.1 g	135 mg	/
Vitamin B ₁₂ (methylcobalamin)	4.69 g	30 mg	/

*RDA - Recommended Dietary Allowances

Other ingredients: corn starch, anti-caking agent: E 460(i) aroma, anti-caking agent: E 551, E 470b.

Nutritive information:	100 g of product on average contains:	1 tablet on average contains:
Energetic value kj (kcal)	1550 (368)	9.92 (2.35)
Proteins (g)	10.23	0.065
Fats (g)	6.07	0.039
Carbohydrates (g)	63.12	0.404
Fibers (g)	9.79	0.063

Effects:

Brewer's yeast is the source of natural vitamin B complex, essential amino acids, proteins, minerals, oligoelements, glutathione and nucleic acids. It has a positive effect on the nervous system, the health of liver, eyes and heart. Thanks to the presence of folic acid it contributes to better resorption of iron, so it prevents anemia. It helps the digestion, it regulates the equilibrium of the intestinal flora, it eliminates constipation and increases appetite. It helps with the metabolism of carbohydrates by increasing the effect of insulin and the sensitivity of cell receptors to insulin, which stabilizes the level of sugar in the blood and its better use as an energy source.

It participates in the prevention of atherosclerosis. It acts against acne and other abnormalities on the skin, it strengthens teeth and contributes to stronger hair and nails. It boosts immunity and increases concentration.

Coenzyme Q10 in this product comes from a renowned Japanese manufacturer that has a long tradition in the production of coenzyme Q10, obtained by process of yeast fermentation and identical to biological coenzyme Q10 synthesized in the human body.

Coenzyme Q10 – ubiquinon (ubiquitus – found everywhere) is a physiological compound of every living cell. It is essential in the process of energy synthesis needed for normal functioning of the cell. About 95% of energy in the organism is synthesized with a help of coenzyme Q10. Besides, coenzyme Q10 acts as a powerful antioxidant, that protects from the harmful effects of free radicals.

After 35 years of age (until then it is synthesized in sufficient quantity) the level of coenzyme Q10 in the organism decreases, which leads to decreased energetic potential and lower immunity. This decrease in coenzyme Q10 level mostly affects organs that need energy the

most to function – heart, lungs and kidneys. The lack of coenzyme Q10 is observed in heart diseases, strokes, parodontopathy, as well as other diseases such as degenerative muscle diseases, Parkinson's disease, Huntington's disease and some malignancies. Stress and infections also lower the level of coenzyme Q10 in the body.

Studies have shown positive effects of coenzyme Q10 in slowing down aging, boosting immunity, in heart diseases and in cases of heart operations, high blood pressure, diabetes, parodontopathy, systemic candidiasis, allergies, in degenerative diseases of central nervous system, (Alzheimer's disease, multiple sclerosis, etc.) and some malignancies, the protective effect on mucous membranes of digestive tract and prevention of atherosclerosis. Coenzyme Q10 can lower the side effects caused by application of some medications such as timolol and medications that are used for malignant diseases (daunorubicin and doxorubicin). The medications that are used for lowering cholesterol levels such as statins and fibric acid derivatives, beta blockers that are used in the treatment of high blood pressure (atenolol, labetalol, metoprolol and propranolol) and tricyclic antidepressants (amitriptylin, amoxapin, clomipramin, desipramin, doxepin, imipramin, nortriptylin, protriptylin and trimipramin) lower the level of coenzyme Q10, so coenzyme Q10 supplementation upon their use is recommended.

The speed of manifestation of action of coenzyme Q10 depends on its deficiency level. In the case of minor lack of coenzyme Q10 three months or more are needed for visible effects, because its level is increased gradually, and in case of major lack after several days the improvement can be observed.

Instruction for use: 1 tablet a day with meal is recommended. The dose can be increased with medical consultation.

Notes: Dietary supplements are not the replacement for a healthy diet. The use of coenzyme Q10 is not recommended in cases of taking anticoagulant medications such as varfarin, because it can lower its efficacy. Insulin-independent diabeticians should consult a doctor before taking coenzyme Q10, together with regular control of the glucose levels in blood. Pregnant women, breastfeeding women and little children should not use products with coenzyme Q10.

Storage: Keep at temperature below 25°C, in a dark and dry place, out of the reach of children.

Best before: 3 years.

Packaging: A box with 30 tablets in blister packaging.

Manufacturer: ESENSA d.o.o. Slobodna zona Belgrade, Viline vode bb, Republic of Serbia

Country of origin: Republic of Serbia