

## PQQ Caps

### Grow new mitochondria

Item #01647 • 20 mg • 30 vegetarian capsules

Your mitochondria are the cellular energy generators that supply power to energy-intensive organs like your heart, brain, and kidneys. As you age, the number of functional mitochondria you have in your cells declines. And that can dramatically impact your health and longevity.<sup>1-7</sup> But there is a solution.

Studies show that taking 20 mg of PQQ (*pyrroloquinoline quinone*) daily can activate genes that promote the formation of **brand new mitochondria** for more youthful cellular energy production.<sup>8</sup> That's good news for your major organs. And that's not all.

Research also shows that when you take 20 mg of PQQ with your CoQ10 every day, it also promotes **memory**, **attention**, and **cognition** in aging individuals.<sup>9</sup> So make PQQ Caps part of your daily regimen!

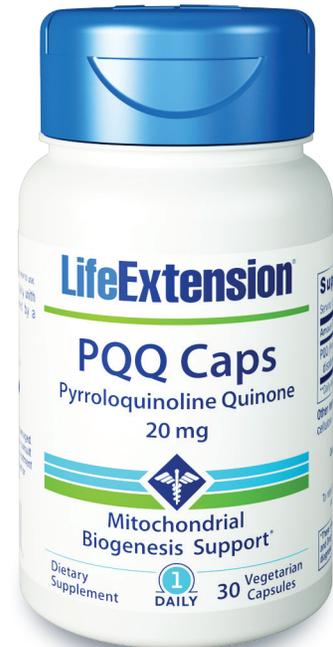
This product is also available in a 10 mg version.

## PQQ Caps

Item #01500 • 10 mg • 30 vegetarian capsules

### References

1. *Biochimie*. 1999 Dec;81(12):1131-2.
2. *Lancet*. 1989 Mar 25;1(8639):642-5.
3. *Curr Opin Clin Nutr Metab Care*. 2010 Sep;13(5):511-7.
4. *Age (Dordr)*. 2010 Sep;32(3):337-46.
5. *Ageing Res Rev*. 2011 Apr;10(2):238-52.
6. *Cell Mol Life Sci*. 2010 Oct;67(20):3435-47.
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8. *J Biol Chem*. 2010 Jan 1;285:142-52.
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### One vegetarian capsule contains:

PQQ (Pyrroloquinoline quinone) ..... 20 mg disodium salt  
Other ingredients: rice bran, rice flour, vegetable cellulose (capsule), silica.

### Dosage and use

- Take one capsule daily with or without food, or as recommended by a healthcare practitioner.



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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.