



# RAENEN®

## 200 SOFT GELS

# CoQ10 200mg + Curcuma

## Cardiovascular Health & Cognitive Impairment

### Key Benefits:

- Maintains Cardiovascular System Health
- Maintains Blood Vessel Health
- Help in the maintenance of Healthy Blood Lipids
- Maintains CoQ10 Levels in the Body
- Helps Reduce Free radicals Formed in the Body

Coenzyme Q10 is an antioxidant that occurs naturally in all cells of the body, but levels may decline with age. RAENEN CoQ10 200mg + Curcuman helps maintain CoQ10 levels in the body. RAENEN CoQ10 200mg + Curcuman helps support a healthy cardiovascular system & maintain healthy blood vessels, and support energy production.

Curcumin is an active ingredient in turmeric, an orange spice used in curry powder. CoQ10 is an antioxidant found in almost every cell membrane in the body, and is especially concentrated in the heart, liver, and kidneys.



### Active Ingredients:

	Each Softgel
Ubidecarenone (Coenzyme-Q10)	200 mg
Curcuma Longa (Ext 95% Curcumin)	53 mg
Equiv. Curcuma longa dry root and rhizome	2650 mg
Thiamine Nitrate (B1)	0.77 mg
Equiv. Thiamine	0.7 mg
Riboflavin (B2)	0.7 mg
D-alpha Tocopherol 1300IU/g	25 mg
Equiv. Vitamin E	32.50 IU
Zinc Oxide	9.375 mg
Equiv. Zinc	7.5 mg

### Directions:

Adults, take 1-2 softgels daily with food or as advised by your health professional.

### Storage Instruction:

Store in a dry place away from direct sun light.

### Warning:

Pregnant or nursing mothers, children under the age of 18 and individuals with a known medical condition should consult a physician before using.

**RRP \$149.00**

CoQ10 can start to kick in within one to two weeks  
Takes about eight weeks to experience its full benefits

## CoQ10

**Anti-Inflammatory**

**Contains Antioxidants**

**Benefits Heart Health**

**May Lower Blood Pressure**

### **What does CoQ10 do for the body?**

Coenzyme Q10 (CoQ10) is a substance that helps convert food into energy. CoQ10 is found in almost every cell in the body, and it is a powerful antioxidant. Antioxidants fight damaging particles in the body known as free radicals, which damage cell membranes, tamper with DNA, and even cause cell death.

### **What happens when you take CoQ10 every day?**

CoQ10 is a fat-soluble, vitamin-like compound that may have some health benefits. Research suggests it may help improve heart health and blood sugar regulation, protect against certain types of cancer, and reduce migraine frequency.

### **Why does CoQ10 make me feel so good?**

Coenzyme Q10 (CoQ10), also known as "ubiquinone", is a molecule found in nearly every cell in the body. It is fat-soluble, meaning that it dissolves in fats but not water. CoQ10 stimulates the cell's powerhouse, an organelle called the mitochondria, to produce more energy in the form of Adenosine Triphosphate (ATP).



**\$1.50/day**

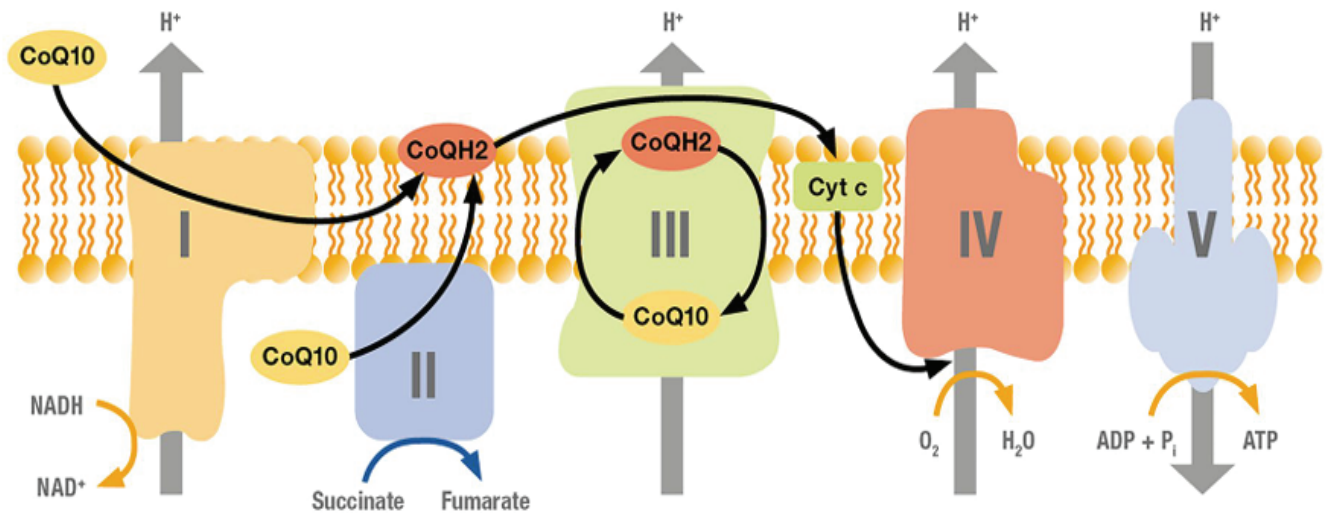
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3 months serves  
make life better**

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# CoQ10 for Cardiovascular Health & Cognitive Impairment



**Fig. 1** Function of CoQ10 in the mitochondrial respiratory chain. CoQ10 is an essential transfer molecule for complex I and complex II at the beginning of the respiratory chain

source from: <https://link.springer.com/article/10.1007/s11886-023-01992-6>

Coenzyme Q10 (CoQ10) may help with cardiovascular health and cognitive impairment. CoQ10 is an antioxidant that may protect against oxidative stress and mitochondrial dysfunction, which are linked to age-related cognitive decline.

## Cardiovascular health

- \* CoQ10 may help with cardiovascular disease, arrhythmia, and heart failure
- \* CoQ10 may help reduce the toxic effects of certain chemotherapy medications on the heart
- \* CoQ10 may help with endothelial dysfunction, hypertension, and dyslipidemia

## Cognitive impairment

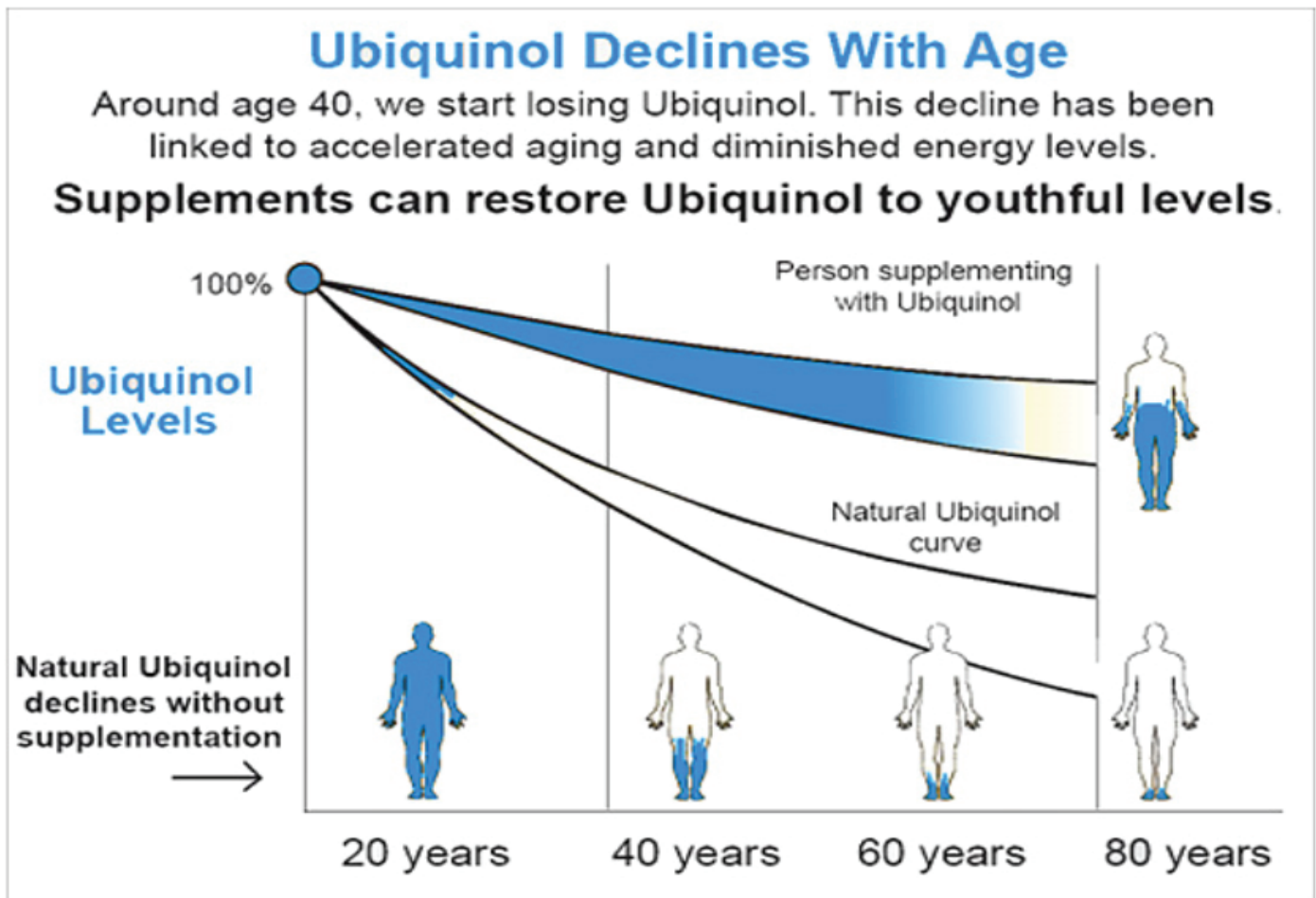
- \* CoQ10 may help with cognitive decline in healthy older people
- \* CoQ10 may help protect against neuronal damage caused by ischemia, atherosclerosis, and toxic injury
- \* CoQ10 may help improve brain function by increasing mitochondrial concentrations in the brain

## How it works

- \* CoQ10 is a coenzyme that helps produce adenosine triphosphate (ATP), which is important for cellular bioenergetics
- \* CoQ10 may help regulate transcriptional pathways and deactivate inflammatory pathways
- \* CoQ10 may help modify endothelial function, which can increase cerebral blood flow

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# The Body's Production of CoQ10 Declines with Age



The body's production of Coenzyme Q10 (CoQ10) begins to decline after age 20. The rate of decline varies by tissue, but by age 80, the amount of CoQ10 in the heart is about half of what it was at age 25.

## Explanation

- \* The body's ability to produce CoQ10 decreases with age, along with many other compounds.
- \* This decline is due to a combination of decreased synthesis and increased degradation.
- \* The decline in CoQ10 levels can affect the brain, heart, and muscles, which are the organs that need the most energy.
- \* CoQ10 is an antioxidant that may help with heart-related conditions.

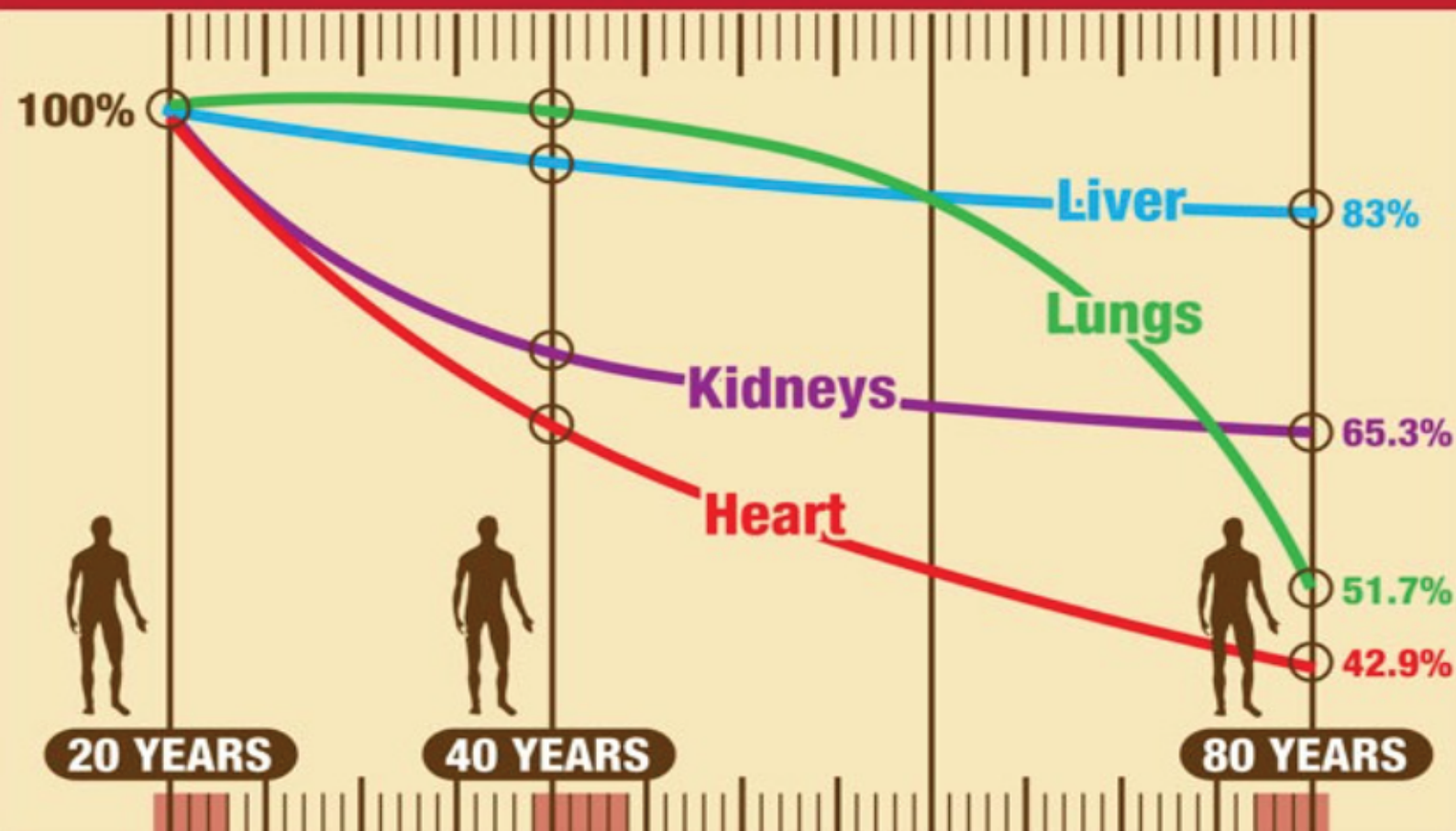
## Does your body stop producing CoQ10?

- \* As you age, your body's ability to make CoQ10 drops, which may cause your levels of good cholesterol to fall, as well. Supplements can help bring those levels back up. If you have a heart-related condition, CoQ10 may help due to its antioxidant properties.

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# CoQ10 Distribution in the Body

The concentration of coenzyme Q10 in the body decreases year by year, indicating that it has a close relationship with aging.



Coenzyme Q10 (CoQ10) is found throughout the body, but is most concentrated in the heart, liver, kidneys, and pancreas. CoQ10 is present in cell membranes, especially in the mitochondria, and is also found in other organelles.

## Where is CoQ10 found in the body?

- \* Mitochondria: CoQ10 is a key component of the electron transport chain in the mitochondria.
- \* Endoplasmic reticulum: CoQ10 is found in the endoplasmic reticulum, which is a sub-cellular organelle.
- \* Golgi apparatus: CoQ10 is found in the Golgi apparatus, which is a sub-cellular organelle.
- \* Lysosomes: CoQ10 is found in the lysosomes, which are organelles that digest cellular debris.
- \* Peroxisomes: CoQ10 is found in the peroxisomes, which are sub-cellular organelles.

## What does CoQ10 do in the body?

- \* CoQ10 is an antioxidant that protects against free radicals.
- \* CoQ10 helps produce energy in the body's ATP cycle.
- \* CoQ10 supports healthy muscle function, skin, and cell growth.
- \* CoQ10 may help prevent degenerative diseases, including heart disease, Parkinson's disease, Alzheimer's disease, and cancer.

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# Statin Drugs Drain the CoQ10 out of Your Body

Cholesterol-lowering statin drugs block the production of cholesterol in the liver. In doing this, they also block the production of CoQ10. Not surprisingly, the side effects commonly associated with statin drugs are nearly identical to the symptoms of CoQ10 deficiency:



Yes, statin drugs can lower levels of coenzyme Q10 (CoQ10) in the body. CoQ10 is important for mitochondrial respiration.

## Explanation

- \* Statins are medications that lower cholesterol and treat cardiovascular disease.
- \* Statins interfere with the production of mevalonic acid, which is a precursor to CoQ10.
- \* Statins can also decrease the levels of lipoprotein transport carriers, which carry CoQ10.
- \* Low levels of CoQ10 may be a mechanism for statin-induced myopathies, which can cause muscle pain.

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# Parkinson's Disease Symptoms



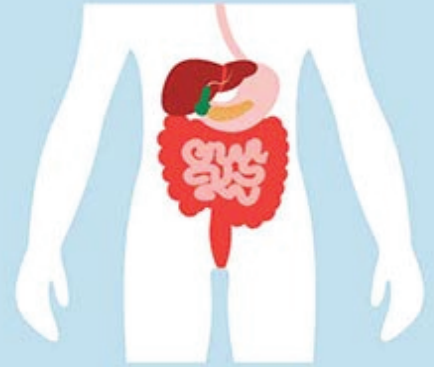
## Possible early non-motor symptoms:



**Loss of sense of smell.**



**Drooling.**



**Constipation and gastrointestinal problems.**



**Sleep problems such as restless leg syndrome.**



**Mask-like facial expression.**

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# Common motor-related symptoms:



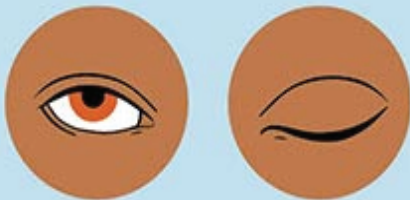
**Slowed movements.**



**Tremor while muscles are at rest.**



**Rigidity or stiffness.**



**Blinking less often than usual.**



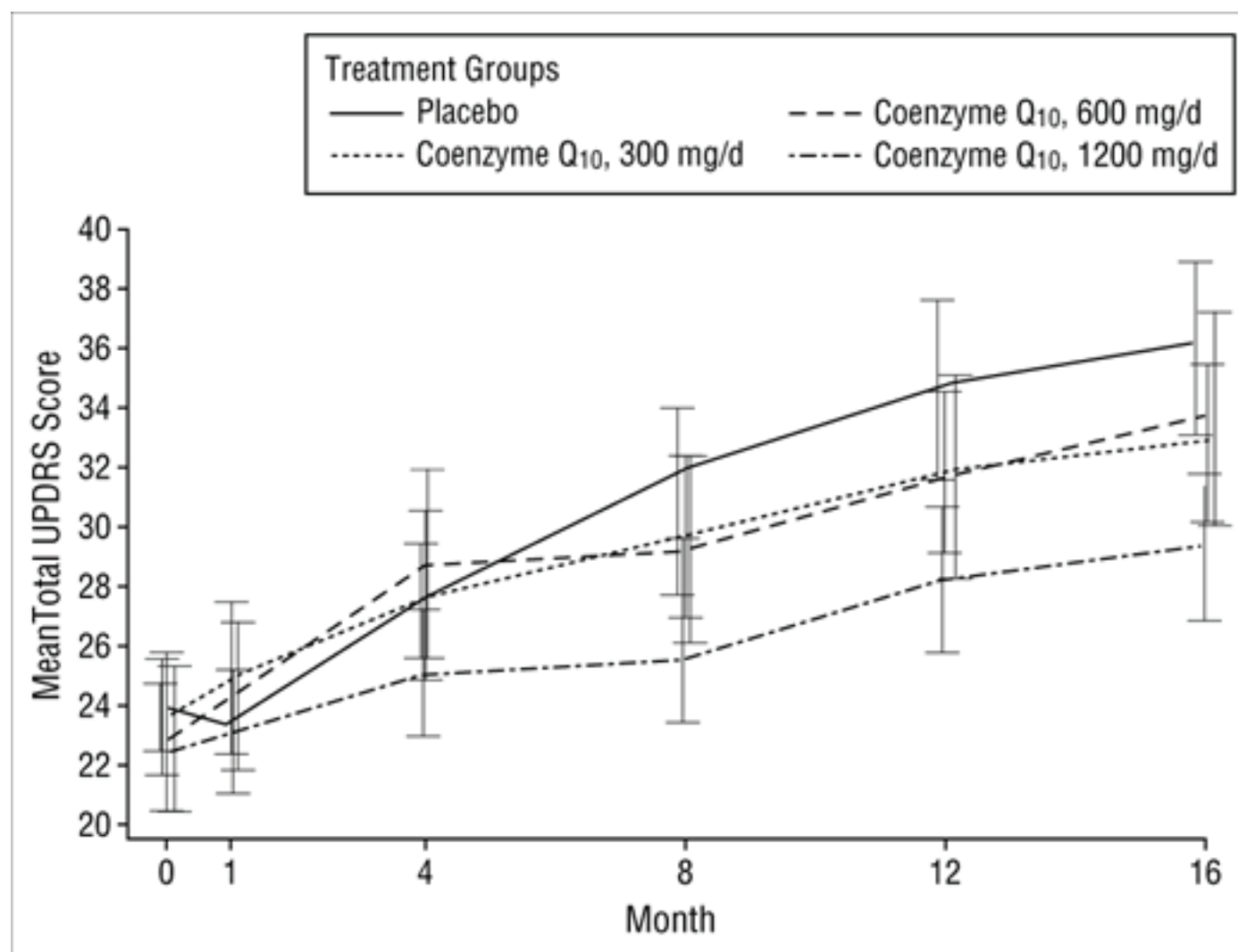
**Trouble swallowing.**



**Unstable posture or walking gait.**

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# Effects of Coenzyme Q10 in Early Parkinson Disease



Coenzyme Q10 (CoQ10) may slow the progression of early Parkinson's disease (PD). CoQ10 is an antioxidant that supports mitochondrial function.

## What are the effects of CoQ10 in early PD?

- \* Slows disease progression: CoQ10 may slow the decline of motor functions and the progressive deterioration of function in PD.
- \* Improves mitochondrial defects: CoQ10 may improve mitochondrial defects in PD patients.
- \* Reduces dopamine neuron loss: CoQ10 may reduce the loss of dopamine neurons in PD.
- \* Neuroprotective agent: CoQ10 may act as a neuroprotective agent during iron-induced stress in dopaminergic neurons.

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# Alzheimer's Disease Symptoms



Alzheimer's disease is a progressive brain disease that causes dementia. It damages brain cells, which can lead to memory loss, confusion, and changes in behavior. There is no cure, but treatments can help with symptoms.

## Symptoms

- \* Difficulty remembering recent events
- \* Forgetting names of people or places
- \* Difficulty planning or making decisions
- \* Speech and language problems
- \* Personality changes, such as becoming suspicious or aggressive
- \* Hallucinations or delusions
- \* Low mood or anxiety
- \* Difficulty performing daily tasks

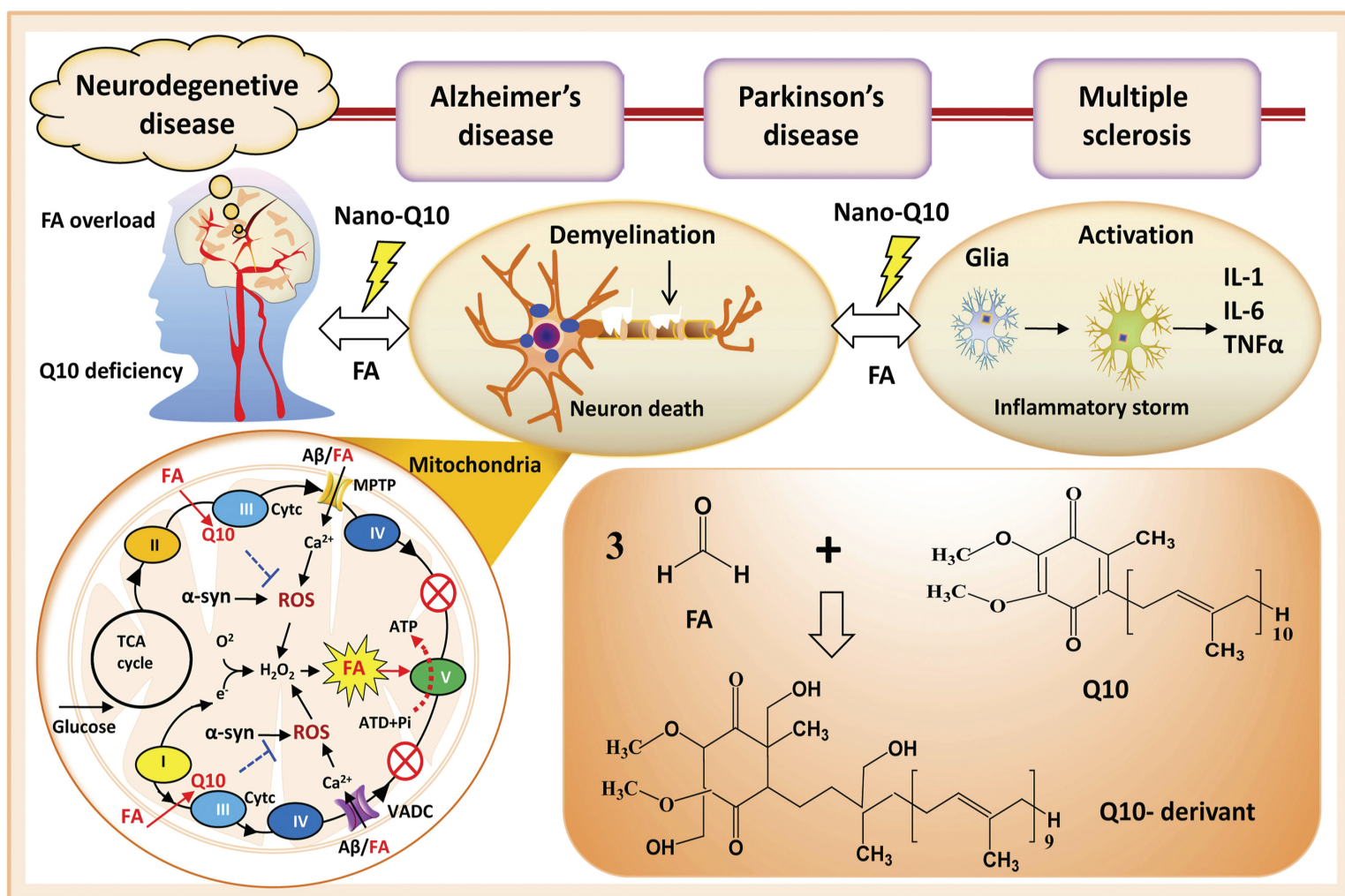


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# CoQ10 and Mitochondrial Dysfunction in Alzheimer's Disease



Coenzyme Q10 (CoQ10) is an antioxidant that may help with brain function by reducing oxidative stress and improving mitochondrial function. CoQ10 is present in the brain and can be found in supplements and some foods.

## How CoQ10 may help the brain

- \* Reduces oxidative stress: CoQ10 may reduce harmful compounds produced by oxidative stress, which can affect memory and cognition.
- \* Improves mitochondrial function: CoQ10 may help stabilize mitochondria, which can improve synaptic function and increase ATP concentration in the brain.
- \* Promotes cell growth: CoQ10 may help cells grow and reduce apoptosis.
- \* How CoQ10 may help with neurological disorders
- \* CoQ10 may help with memory and learning deficits caused by Alzheimer's disease, Parkinson's disease, diabetes, and anesthetics.
- \* CoQ10 may help with neurological disorders like multiple sclerosis, epilepsy, stroke, and depression.

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# Enhance Cardiovascular Health with CoQ10 and Curcumin



## Synergy Between CoQ10 and Turmeric

When CoQ10 and turmeric are combined, their individual health benefits can be enhanced due to their synergistic relationship. Here's how they work together:

- \* Increased bioavailability: CoQ10 is a fat-soluble compound, which means it is best absorbed when consumed with fats. Curcumin in turmeric is also fat-soluble, making it an ideal companion to CoQ10. Consuming these compounds together can enhance their absorption and bioavailability, increasing their effectiveness.
- \* Enhanced antioxidant protection: Both CoQ10 and curcumin are potent antioxidants. When combined, they can provide more comprehensive protection against oxidative stress and free radical damage.
- \* Boosted anti-inflammatory effects: The anti-inflammatory properties of curcumin can complement the cardiovascular benefits of CoQ10, further supporting heart health and reducing inflammation throughout the body.

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