



Shaklee CoQHeart® FAQs

FREQUENTLY ASKED QUESTIONS

Q. What is CoQHeart?

A. Shaklee CoQHeart is a coenzyme Q₁₀ (CoQ₁₀) supplement that features Q-Trol™, an all-natural proprietary blend of CoQ₁₀ and resveratrol in a bioavailable softgel. CoQ₁₀ helps produce energy in every cell of the body, especially in muscle cells of the heart. As an antioxidant, CoQ₁₀ also helps protect arteries against the oxidation of low-density lipoproteins (LDLs). This is important, as it helps promote the healthy function of blood vessels including those that transport blood to the heart. This effect is complemented by resveratrol, a phytonutrient that has potent antioxidant activity. In laboratory studies, resveratrol also has been shown to promote blood vessel relaxation. The more relaxed blood vessels are, the wider they open to promote healthy blood flow.

Q. Why is coenzyme Q₁₀ important for heart health?

A. CoQ₁₀ is found in every cell of the human body and is essential for producing energy, especially in the heart, which is the hardest-working muscle in the body. In addition to its role in energy production, CoQ₁₀ also acts as an antioxidant, helping protect arteries against the oxidation of LDL. This is important, as it helps promote the healthy function of blood vessels including those that transport blood to the heart.

Q. What is resveratrol?

A. Resveratrol is a compound with antioxidant properties and is found in red wine, red grape skins, and purple grape juice. It is extracted from the root of an herb, *Polygonum cuspidatum*, that is considered to be one of the richest sources of resveratrol. Resveratrol has been shown in laboratory studies to help relax blood vessels. The addition of resveratrol in the CoQHeart formulation complements the heart-health benefits of CoQ₁₀.

Q. What is Q-Trol?

A. Q-Trol is the Shaklee CoQHeart all-natural proprietary blend of 100 mg of CoQ₁₀ and 2 mg of resveratrol delivered in a heart-healthy olive oil delivery system.

Q. Who might benefit from taking CoQHeart?

A. Healthy adults 18 and older who are concerned about their heart function and artery health may benefit from taking CoQHeart. Adult men and women taking certain medications that may lower CoQ₁₀ levels in the blood also may benefit. In fact, studies have shown that supplementing with 100 mg of CoQ₁₀ a day helps replenish and maintain CoQ₁₀ levels in the blood.

Q. Who should NOT take CoQHeart?

A. CoQHeart is not intended for women who are pregnant or nursing, or children under 12 years of age. If you are taking blood-thinning or blood pressure medications, consult your physician before taking this product.

Q. What is the difference between new Shaklee CoQHeart and (old) Shaklee Coenzyme Q₁₀?

A. New CoQHeart contains three times more CoQ₁₀ and resveratrol than Coenzyme Q₁₀:

New: 100 mg of CoQ ₁₀	Old: 30 mg of CoQ ₁₀
New: 2 mg of resveratrol	Old: 640 mcg of resveratrol

Q. Can I continue to take my other Shaklee heart-health supplements – OmegaGuard®, Cholesterol Reduction Complex,* Fibre Plan Tablets, etc. – along with CoQHeart?

A. Yes. The addition of CoQHeart to other Shaklee heart-health products is an excellent way to help ensure you are doing all you can to maintain a healthy cardiovascular system.

*Products providing 800 mg of plant sterols and stanols daily, consumed with two different meals as part of a diet low in saturated fat and cholesterol, may reduce the risk of heart disease. Cholesterol Reduction Complex provides 1,000 mg of plant sterols and stanols per serving, and 2,000 mg daily when used as directed.



Help Power a Healthy Heart

Q. When should I use CoQHeart and how much should I use?

A. For best results, take the product as directed: one softgel daily with a meal.

Q. Is CoQHeart gluten free?

A. Yes.

Q. Is CoQHeart kosher certified?

A. No. The softgel capsules contain gelatin, a non-kosher ingredient.

Q. What is the shelf life of CoQHeart?

A. 24 months.

Q. Does CoQ₁₀ have any other beneficial effects in the body?

A. CoQ₁₀ is involved in many different metabolic pathways in the body, but its inclusion in CoQHeart is for its heart-health benefits. Health Canada also recognizes that CoQ₁₀ can provide relief for migraine headaches when taken at higher daily dosages, as follows:

Dose for Migraine Prophylaxis:

75–100 mg, 2–3 times per day.

Duration of Use:

Use for a minimum of 3 months to see beneficial effects.

Caution:

Consult a health care practitioner if migraine frequency increases, and associated nausea and vomiting persist or worsen.