

**Ingredients:** Soya lecithin (49.75 %), coenzyme Q 10 (24,88 %), capsule material: HPMC, releasing agent: magnesium salts of fatty acids  
Each capsule contains 100 mg of natural coenzyme Q10

**Nutritional values:** 1 capsule 2 capsules NRV %\*

Coenzyme Q 10	100 mg	200 mg	-
Soya lecithin	200 mg	400 mg	-

\*NRV = Reference value according to EU-LMIV



**Important information:** Do not exceed the recommended daily intake of food supplements. They should not be used as a replacement for a balanced and varied diet and healthy lifestyle and must be stored in a cool, dry place away from direct light and out of the reach of young children.



# COENZYME Q10

**medicura®**

Food supplement .  
**60 capsules**

**Q10**  
**100 mg**



**Food supplement with coenzyme Q10 and soya lecithin**

**Coenzyme Q10:** The vitamin-like nutrient coenzyme Q10 is used by the body's cells to convert food into energy. Self-synthesis is possible to a limited extent. The rest should be supplied via food.

**Recommended intake:**  
1-2 capsules daily

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