



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 (LDL). 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, the hardest-working muscle in the body. In addition to its role in energy production, it also acts as an antioxidant, helping to 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 Shaklee CoQHeart's 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 concerned about their heart function and artery health. 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 CoQHeart and old CoQHeart?

A. New and improved CoQHeart contains three times more CoQ₁₀ and resveratrol than the previous version.

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 take CoQHeart if I am taking Vitalizer™ Gold?

A. Yes, Vitalizer Gold provides a foundational amount of CoQ₁₀. And for those concerned about maintaining their heart health and who may have an increased need for this important nutrient, taking CoQHeart is a prudent choice.

- 30 mg—A foundational amount for everyone
- 100 mg—For those with concerns about maintaining their heart health

*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.



Help Power a Healthy Heart*

Q. Can I continue to take my other Shaklee heart-health supplements—OmegaGuard®, Cholesterol Reduction Complex†, Fiber Plan, 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.

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 nonkosher ingredient.

Q. What is the shelf life of CoQHeart?

A. 24 months.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

†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.