



# CoQ<sub>10</sub> I-Carnitine Fumarate

Introduced 2000



## What Is It?

Pure Encapsulations offers CoQ<sub>10</sub> in a patented combination with I-carnitine fumarate designed to provide superior cardiovascular health support.\*

## Uses For CoQ<sub>10</sub> I-Carnitine Fumarate

**Cardiovascular Support:** I-Carnitine shuttles fatty acids across the mitochondria membrane where they are metabolized and promotes the Krebs cycle. This stimulates the electron transport chain, which produces ATP (energy) for the heart. I-carnitine fumarate also provides fumaric acid, a key constituent of the Krebs cycle, to further enhance cellular energy production in the mitochondria. Research conducted at the George Washington University Medical Center indicates that in addition to promoting the Krebs cycle, I-carnitine fumarate helps moderate lactate levels in the hearts of laboratory animals. CoQ<sub>10</sub> further augments the ATP synthesis and energy formation potential for this product. Numerous clinical studies suggest that CoQ<sub>10</sub> supports healthy blood flow and heart muscle function. Studies at the Universities of Pisa and Milan in Italy reveal the synergistic potency of I-carnitine and CoQ<sub>10</sub> in healthy oxygenation of heart tissue and in providing an optimal energy supply. As a result, these nutrients play crucial roles in the energy dynamics of the heart, the most concentrated source of mitochondria and fatty acid utilization in the body.\*

## What Is The Source?

CoQ<sub>10</sub> is derived from fermentation. I-Carnitine fumarate is a synthetically derived amino acid. Vitamin C (ascorbyl palmitate) is derived from corn dextrose fermentation and palm oil.

## Recommendations

Pure Encapsulations recommends 2-4 capsules per day, in divided doses, with meals.


## Are There Any Potential Side Effects Or Precautions?

At this time, there are no known side effects or precautions. If pregnant or lactating, consult your physician before taking this product.

## Are There Any Potential Drug Interactions?

CoQ<sub>10</sub> may react with blood thinning medications. Consult your physician for more information.

## CoQ<sub>10</sub> I-Carnitine Fumarate

<b>each vegetarian capsule contains</b>  <b>V 00</b>	
I-carnitine (free-form).....	340 mg
(from 586 mg I-carnitine fumarate)	
coenzyme Q <sub>10</sub> .....	60 mg
ascorbyl palmitate (fat-soluble vitamin C).....	13 mg
other ingredients: hypo-allergenic plant fiber (cellulose), vegetarian capsule (cellulose, water) <b>2-4 capsules per day, in divided doses, with meals.</b>	

‡These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.