

# OptiMega-3<sup>®</sup> Q10

## Pharmaceutical Grade

### Supports Cognitive Function and Cardiovascular Health

#### Product Summary

This high potency combination of CoQ10 and the omega-3 fatty acids EPA/DHA provides cardiovascular and cognitive benefit through multiple distinct and overlapping pathways. Both CoQ10 and DHA/EPA have been shown to improve endothelial function, with clinically significant hypotensive and anti-atherogenic effects.<sup>1,2,3</sup> CoQ10 has an instrumental role in oxidative phosphorylation and mitochondrial bioenergetics, critical to neuronal health and preventing the mitochondrial dysfunction that underlies numerous chronic diseases, including neurodegenerative disease.<sup>4</sup> Additionally, recent data highlights CoQ10's emerging role in reducing inflammation and insulin resistance, which are potent contributors to impaired cognitive function.<sup>5,6,7</sup>

OptiMega-3 Q10 also provides high dose pharmaceutical grade EPA/DHA, shown to reduce many cardiovascular risk factors and improve vascular function, with controlled clinical trials demonstrating a reduced rate of cardiovascular events, cardiac death and coronary events, particularly in persons at high risk.<sup>8-12</sup> Omega-3 fatty acids have been associated with reduced all-cause mortality, sudden death, myocardial infarction, as well as stroke.<sup>13,14,15</sup> EPA/DHA support cognitive function through multiple mechanisms, as both are indispensable to neuronal membranes, with lower levels found to be not only a marker for neurological disease but also a risk factor for cognitive impairment.<sup>16,17</sup>

#### Unique Features

- Optimal 2:1 ratio EPA to DHA
- Provides 600 mg EPA, 300 mg DHA, and 100 mg CoQ10 per softgel
- This pharmaceutical grade omega-3 blend fish oil has achieved the highest USP standard, verified for quality and consistency
- Stringent quality control standards ensure that this highly purified fish oil concentrate is free of lipid peroxides and environmental pollutants, including heavy metals, pesticides, dioxins, PCBs, and other harmful compounds
- Highly bioavailable softgel

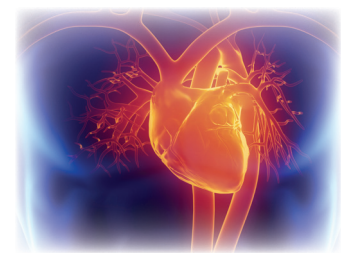
## OptiMega-3<sup>®</sup> Q10

Supports Cognitive Function  
 and Cardiovascular Health

60 Enteripure™ Softgels

Code: 9322

NPN: 80029633



**Actual size:** 27.36 mm x 10.74 mm  
**Feature:** Cardiovascular and Brain Support

## Supplement Facts

Serving Size: 1 Enteripure™ Softgel  
 Servings per Container: 60

### Each Enteripure™ Softgel Contains:

Fish Oil Concentrate (Molecularly Distilled, Ultra Purified) (Anchovy, Sardine and/or Mackerel) .....	1407 mg
Omega-3 Fatty Acids .....	900 mg
Eicosapentaenoic Acid (EPA) .....	600 mg
Docosahexaenoic Acid (DHA) .....	300 mg
Coenzyme Q10 (Microorganism).....	100 mg

**Non-medicinal Ingredients:** Enteripure™ softgel (gelatin, glycerin, purified water, pectin), natural vitamin E.

**Contains no artificial colours, preservatives, or sweeteners; no dairy, sugar, wheat, gluten, yeast, corn, egg, shellfish, salt, tree nuts, or GMOs.** Sealed for your protection. Do not use if seal is broken. Store in airtight container, protected from light. For freshness, store in a cool, dry place.

**Recommended Adult Dose:** 1 softgel 3 times per day or as directed by a health care practitioner.

**Recommended Use:** Source of omega-3 fatty acids, EPA and DHA for the maintenance of good health. Helps support cognitive health and/or brain function, and promote healthy mood balance. Helps maintain and support cardiovascular health, and reduces serum triglycerides/triacylglycerols. An antioxidant for the maintenance of good health. Coenzyme Q10 promotes healthy heart function.

Bioclinic Naturals' mission is to respect and protect the environment. This product is sourced from sustainable wild and unthreatened fish, and harvested through sustainable fishing practices.

**Contraindications:** Consult a health care practitioner prior to use if you are pregnant or breastfeeding, or if you are taking blood thinners or blood pressure medication. Keep out of reach of children.

**Drug Interactions:** Because fish oil has an antithrombotic effect, caution is advised for those on anticlotting, antiplatelet or anticoagulant medications, or those at high risk of bleeding.<sup>18</sup> At doses greater than 3 g per day, hyperglycemia has been observed in diabetics and those with hypertriglyceridemia, close monitoring of patients on antidiabetic medication is recommended. Benefits have been shown when fish oil is taken with statins, SSRIs, anticonvulsant and cytotoxic medications.<sup>19,20</sup> CoQ10 resembles vitamin K structurally, and there is a potential interaction possible for those taking the anticoagulant Coumadin. Close monitoring of the INR is recommended with CoQ10 introduction in these patients.

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· GUARANTEED ·

Bioclinic Naturals® products are guaranteed to meet or exceed Good Manufacturing Practices (GMP) of the U.S. Food and Drug Administration (FDA), Health Canada, and the Therapeutic Goods Administration (TGA) of Australia.



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