

**USAGE:** Take 1 softgel per day with a meal or as directed by your qualified healthcare professional.

**NOTE:** If you have a medical condition, are pregnant, lactating, trying to conceive, under the age of 18, or taking medications, consult your healthcare professional before using this product.

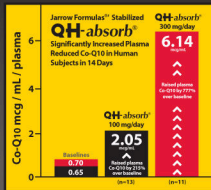
Ubiquinol is the reduced (active antioxidant) state of Co-Q10, the form produced by our cells and is significantly better absorbed as a supplement, particularly as we age.

Jarrow Formulas® QH-absorb® is a proprietary enhanced-stability formula, which has been clinically shown in humans to increase Co-Q10 levels up to 777% over baseline at 300 mg per day intake.

**Keep out of the reach of children.**

Particle formation inside softgel is normal and dissolves after ingestion.

Lot #. Best Used Before:



QH-absorb® 100 mg per day raised Co-Q10 by 215% and 300 mg per day raised Co-Q10 by 777% over baseline in humans.

**Jarrow**  
FORMULAS®

Reduced Form Co-Q10

Ubiquinol

QH-  
absorb®



High Absorption / Enhanced Stability

**200**  
MILLIGRAMS

**30**  
SOFTGELS

DIETARY  
SUPPLEMENT

## Supplement Facts

Serving Size 1 Softgel

Servings Per Container 30

	Amount Per Serving	% DV
Ubiquinol (Kaneka QH®)	200 mg	*

\* Daily Value not established.

Other Ingredients: Medium chain triglycerides, phosphatidylcholine (from soy lecithin), beeswax, rosemary extract, vitamin E and ascorbyl palmitate. Softgel consists of gelatin, glycerin and purified water; caramel and carob extract added as a light barrier.

**Contains:** Soy.

No wheat, no gluten, no dairy, no egg, no fish/shellfish, no peanuts/tree nuts.

Kaneka QH® is a registered trademark of the Kaneka Corporation of Japan.

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