

## PQQ Caps with BioPQQ®

### Grow new mitochondria

Item #01647 • 20 mg • 30 vegetarian capsules

Your mitochondria are the cellular energy generators that supply power to energy-intensive organs like your heart, brain, and kidneys. As you age, the number of functional mitochondria you have in your cells declines. And that can dramatically impact your health and longevity.<sup>1-7</sup> But there is a solution.

Studies show that taking 20 mg of PQQ (*pyrroquinoline quinone*) daily can activate genes that promote the formation of **brand new mitochondria** for more youthful cellular energy production.<sup>8</sup> That's good news for your major organs. And that's not all.

Research also shows that when you take 20 mg of PQQ with your CoQ10 every day, it also promotes **memory**, **attention**, and **cognition** in aging individuals.<sup>9</sup> So make PQQ Caps with BioPQQ® part of your daily regimen!

This product is also available in a 10 mg version.

## PQQ Caps with BioPQQ®

Item #01500 • 10 mg • 30 vegetarian capsules

#### References

1. *Biochimie*. 1999 Dec;81(12):1131-2.
2. *Lancet*. 1989 Mar 25;1(8639):642-5.
3. *Curr Opin Clin Nutr Metab Care*. 2010 Jul 7.
4. *Age (Dordr)*. 2010 Mar 20.
5. *Ageing Res Rev*. 2010 Jun 25.
6. *Cell Mol Life Sci*. 2010 Jun 25.
7. *Zhonghua Yi Xue Za Zhi (Taipei)*. 2001 May;64(5):259-70.
8. *J Biol Chem*. 2010 Jan 1;285:142-52.
9. *FOOD Style*. 2009;21:13(7)50-3. [Tokyo].



#### One vegetarian capsule contains:

BioPQQ® Pyrroquinoline ..... 20 mg  
quinone disodium salt  
Other ingredients: rice bran, vegetable cellulose (capsule), silica.

#### Dosage and use

- Take one capsule daily with or without food, or as recommended by a healthcare practitioner.

#### Non-GMO

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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.