



Proven absorption and cardio benefits with VitaSperser CoQ10

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 Bioequivalence of coenzyme Q₁₀ from over-the-counter supplements

Single 180 mg CoQ10 dose randomized crossover trial of three products with 2-week washout, **Vitasperser CoQ10 (10 mg ubiquinone/mL)** vs. non-solubilized CoQ10 powder (30 mg/capsule)

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Assessment of coenzyme Q10 absorption using an *in vitro* digestion-Caco-2 cell model
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	CoQ10 Powder (non-solubilized)	VitaSperser CoQ10 (ubiquinone)	VitaSperser vs. CoQ10 Powder
Cmax (maximum blood levels of CoQ10)	0.12± (0.05)	1.03±0.37	8.6X higher levels of CoQ10
AUC (Total CoQ10 absorbed into bloodstream)	2.81±3.46	35.82±14.15	12.7X more CoQ10 absorbed into blood stream

Table 3
 CoQ10 uptake (%) by Caco-2 cells

Product #	CoQ10 uptake* (pmol/mg protein)	
1	35 ± 6 f	} control
2	49 ± 4 e	
3	34 ± 9 f	
4	30 ± 7 f	
5	119 ± 33 d	— VitaSperser-Q10
6	126 ± 26 c	
7	241 ± 10 b	
8	257 ± 5 a	