

NucleVital[®]Q10 Essence

advanced composition of **coenzyme Q10 + carotenoids + vitamins + minerals**



NucleVital[®]Q10 Essence dietary supplement is a combination of natural oil from the liver of Alaskan cod caught in the Bering Sea with a composition of **coenzyme Q10, carotenoids, vitamins and minerals**, genetically and physiologically compatible fats that are the building blocks of the human body, in particular **the DNA protection systems (antioxidant and energy), the immune system, brain, heart, thyroid, mucous membranes, muscles, bones, eyes, skin**. The Alaskan cod liver oil in this product comes from a fishery that meets MSC standards for well-managed, sustainable fishing. www.msc.org/pl, Bering Sea.

A groundbreaking genetic and biochemical study performed on women using **NucleVital[®]Q10** dietary supplement (basic version of the product) confirmed that the physiologically functioning antioxidant and energy systems play a decisive role in the DNA protection processes of the human body. To do this, they absolutely need appropriate amounts of building fats. Based on the latest scientific data, we have expanded the composition of the product to include additional essential nutrients. Maximum body protection is our priority, so your body will now receive an advanced composition of antioxidants, ADEK fat-soluble vitamins and minerals.

Vitamin E contributes to the protection of DNA, proteins and lipids against oxidative damage.

Vitamin D₃ supports the maintenance of optimal functions of the immune system, as well as the proper absorption and use of calcium and phosphorus, and the maintenance of healthy bones and teeth. Vitamin D₃ helps reduce the risk of falls associated with postural instability and muscle weakness. Falls are a risk factor for bone fractures in people of both sexes aged 60 years and over. Important in the process of cell division.

Vitamin K helps in proper blood clotting and maintaining healthy bones.

Vitamin A is important in the process of cell specialization, maintaining the proper condition of mucous membranes, healthy skin and proper vision. Supports proper iron metabolism and the development and functioning of the immune system.

Zinc helps maintain the proper metabolism of macronutrients, fatty acids and vitamin A, as well as the proper formation of proteins, protecting DNA, proteins and lipids against oxidative stress. Necessary for maintaining healthy bones, skin, hair and nails as well as proper vision. Supports maintaining proper functions of the immune system. It takes part in the process of DNA synthesis and cell division, as well as in maintaining the proper level of testosterone in the blood, fertility and proper reproductive functions.

Chromium is an element involved in the proper metabolism of macronutrients. It helps maintain normal blood glucose levels. Optimal blood sugar levels prevent hunger attacks, making it easier to maintain proper body weight.

Selenium is used by the body to protect cells against oxidative stress, for the proper functioning of the immune system and thyroid gland, and to maintain healthy hair and nails. It contributes to proper spermatogenesis (sperm formation).

EPA and DHA contribute to the proper functioning of the heart. DHA also affects the proper functioning of the brain and eyesight.

NucleVital[®]Q10 Essence dietary supplement is dedicated to people over 18 years of age. Children and adolescents up to 18 years of age after consulting a specialist.

RECOMMENDED DAILY CONSUMPTION: Adults **2 capsules** a day.

Content of ingredients in the recommended daily portion of the product:

Ingredient	Contents in 2 capsules	% NRV
Alaskan cod liver oil, including:	1400 mg	
- EPA (TG)	150 mg	
- DHA (TG)	160 mg	
- vitamin A (retinol)	270 µg (900 IU)	34 %
Coenzyme Q10 (ubiquinone)	100 mg	
Lycopene	15 mg	
Lutein	10 mg	
Vitamin E * (D-α-tocopherol)	10 mg	83 %
Zinc *	10 mg	100 %
Astaxanthin	5 mg	
Zeaxanthin	2 mg	
Chromium *	200 µg	500 %
Vitamin K ₂ MK7 * (menaquinone)	70 µg	93 %
Selenium (L-selenomethionine)	50 µg	91 %
Vitamin D ₃ † (cholecalciferol)	50 µg (2000 IU)	1000 %

TG - triglycerides, NRV - Nutrient Reference Values, * - substances added to the composition of NucleVital®Q10_{COMPLEX},

† - value increased compared to the composition of NucleVital®Q10_{COMPLEX}

Ingredients: Alaskan cod liver oil, *Blakeslea trispora* oil extract, ubiquinone, *Haematococcus pluvialis* microalgae oil extract, *Tagetes erecta L.* oil extract, zinc picolinate, selenium yeast, D-α-tocopherol, emulsifier - colloidal silica, cholecalciferol, chromium picolinate, menaquinone from Natto. Shell ingredients: gelatin, glycerol - carrier, water. Net quantity: 82 g.

HOW TO USE

Capsules should be swallowed whole, they can be washed down with a small amount of neutral liquid (e.g. boiled water). In order for the body to incorporate all the substances in appropriate amounts, the product should be taken in divided portions throughout the day, half an hour before a meal or one and a half hours after a meal.

To confirm or determine the appropriate daily portion, contact the Experts of the Science, Research and Development Department by phone: 602 785 558.

IMPORTANT INFORMATION

Do not exceed recommended servings for consumption during the day. A dietary supplement cannot be used as a replacement for a varied diet. **NucleVital®Q10 Essence** (ds) can be used as a supplement to any diet. The leaflet was prepared on the basis of current literature data. The product contains unenriched fish oil and **does not contain proteins (including parvalbumin)** that are responsible for the development of an allergic reaction to fish. Before use, it is advisable to perform a 25-(OH)D blood test and consult the test result with a doctor or pharmacist.

THE STORAGE CONDITIONS

Store at room temperature. Protect from light. The dietary supplement should be stored out of the reach of small children.

CONTENTS OF THE PACKAGE

60 capsules - 4 blisters of 15 capsules.

Detailed information about the product can also be found on the website: www.specialist.marinex.com.pl



MARINEX

24 YEARS OF SCIENTIFIC RESEARCH

ON THE EFFECTS OF NUTRITION CONSISTENT WITH THE GENETICS AND PHYSIOLOGY OF THE HUMAN BODY

Produced exclusively for:



Marinex International Sp. z o.o.
ul. Placowa 4, 93-446 Łódź, PL
tel. (42) 680 03 33, www.marinex.com.pl