



# Carniso10<sup>Q10</sup><sup>TM</sup>

## energy

with



from **SOFT GEL**

BY GELATIN CAPSULES




# What is energy?

Energy. In the adult world there is clearly not enough to go around. It appears those under the age of 10 have stolen it away from the rest of us. If a nutritious diet is consumed and plenty of rest is attained, the belief is that energy will be abundant. But even when adopting a healthy lifestyle, the stress of daily life *sucks* the energy right out of you.

It is time to reenergize. Introducing CarnisolQ<sub>10</sub><sup>™</sup> from Soft Gel Technologies, Inc.<sup>®</sup> A combination of Carnisol<sup>™</sup> and CoQsol<sup>®</sup>, it goes to the heart of the problem.

## CarnisolQ<sub>10</sub><sup>™</sup>

With the diversity of dietary supplements available, how are they differentiated? To those in the know, the answer is obvious:

-  **Raw materials**
-  **Delivery system**
-  **Dosage**

Without the finest raw materials, the other points of differentiation fall by the wayside. This revolutionary new energizing supplement provides Carnisol<sup>™</sup> in conjunction with CoQsol<sup>®</sup>. It offers the best of both worlds.

L-Carnitine as L-CarniPure<sup>®</sup>, the only patented 100% L-Carnitine L-Tartrate with no D-Carnitine in a micronized form.

CoQ<sub>10</sub> as CoQsol<sup>®</sup>, the flagship product of SGTI<sup>®</sup>. CoQsol<sup>®</sup> is a top seller, having already proven to be one of the most highly absorbable forms of CoQ<sub>10</sub> on the market.

The delivery system is a soft gelatin capsule, providing 150 mg Carnisol<sup>™</sup> and 50 mg CoQsol<sup>®</sup> per soft gel.

## Mitochondria-Cell Energy Factories

Every cell in the body, other than mature red blood cells, contains mitochondria. It is within this organelle that the majority of the body's energy is produced. L-Carnitine and CoQ<sub>10</sub> have their own specific roles in the production of energy within the mitochondria.

L-Carnitine transports long-chain fatty acids from the cytosol (the fluid portion where organelles are suspended in the cell) into the mitochondria. Once in the mitochondria, the fat undergoes beta-oxidation or "fat burning" and is utilized for the production of energy.

CoQ<sub>10</sub> is *essential* for energy production. Part of the electron transport chain, CoQ<sub>10</sub> in its reduced state, donates electrons to molecules along the chain whereupon it becomes oxidized. It then awaits a donation of electrons from other molecules to once again become reduced. This ongoing cycle of donating and accepting electrons must occur continuously for life to exist. Remove one element of the chain and the cycle is broken.

# Dual Support

## Energy: L-Carnitine

The goal when exercising is to have the energy to do it; whether it's hiking, biking, basketball, surfing, weightlifting or whatever it is that keeps you active, happy and healthy. More energy is created from burning fat than any other macronutrient. The objective: Have enough energy by continuously burning fat. Sounds simple, yes? Herein lies the problem. It has been demonstrated through clinical research that during exercise, L-Carnitine levels diminish in the muscle tissue. When that occurs, fatty acids can not be shuttled to the mitochondria to be burned as energy. Burn the fat and keep the energy levels at a maximum by supplementing with CarnisolQ<sub>10</sub>.™

## Energy: CoQ<sub>10</sub>

CoQ<sub>10</sub> factors into the production of energy as importantly as L-Carnitine. Yet it works in a completely different way. L-Carnitine shuttles the fats to the mitochondria to be burned as energy; whereas CoQ<sub>10</sub> is an integral part of the metabolic pathway that creates ATP (adenosine triphosphate), the body's universal form of energy.

Clinical research was conducted comparing CoQsol® to dry powder CoQ<sub>10</sub> and placebo. Eighty three percent of those taking 60 mg of CoQsol® for 30 days felt an unexpected and desirable increase in energy, compared to only 30% of those in the dry powder CoQ<sub>10</sub> group. The placebo group experienced no change in energy levels.



*Generic human cell with mitochondrion. Both inner and outer membrane are shown.*

The substantial increase in energy is due to the superior absorptive capabilities of CoQsol®. After 30 days, steady state blood levels were statistically higher ( $p < 0.001$ ) in the CoQsol® group as compared to the dry powder CoQ<sub>10</sub> group. Five hour peak absorption was statistically higher ( $p < 0.001$ ) as well, after one 30 mg dose. Create energy at the source with CarnisolQ<sub>10</sub>.™

# The Heart

Both L-Carnitine and CoQ<sub>10</sub> have been extensively studied by the medical community in their support of heart health. Low levels of both nutrients have been correlated with many different cardiovascular problems. CarnisolQ<sub>10</sub><sup>™</sup> is an effortless way to support heart health in conjunction with a healthy diet and a regular exercise program.

## In Summary

There are never enough hours in the day. There is never enough energy, even if there were enough hours. Lacking energy day after day is no way to live. Life is meant to be embraced and enjoyed. Allow your customers the luxury of approaching every day feeling energized. Carnisol<sup>™</sup> plus CoQsol<sup>®</sup> equals CarnisolQ<sub>10</sub><sup>™</sup>, the premium energy supplement.

## References

Combs, G.F. The Vitamins: Fundamental Aspects in Nutrition and Health. 1992.

Graph and Fox. Concepts of Human Anatomy & Physiology: 4th Edition. 1995.

Judy, William. Southeastern Institute of Biomedical Research. Study No. 0.006-96. 1996.

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