

Coenzyme Beauty

**Q₁₀ - now acts
not only externally
but also internally**

Q₁₀

30 capsules

Information
for the doctors and patients



Instruction for use “Coenzyme Beauty”

“Beauty is the promise of happiness”
F.Nietzsche

We all want to be young and beautiful at any age, and it (is even not a question of) does not depend on our life condition, physical quality, gender, age or profession. Being well-groomed, that is the key for success. Our face is the mirror of our emotions. It is always moving: smile, laughter, frowns, all these motions provoke wrinkling. The first wrinkles appear at early 25. The skin renews slower with years. And at 35 the first natural expression lines reveal. So, we ought to protect and take care of our skin every day. Most of us use the dermatologic cosmetics: creams, lotions, masks and other cosmetics with surface activity.

Dietary supplements (in capsules) let the essential components act in derma (the skin deep layer) structure, preventing the aging process.

The ancient magicians were seeking for the “youth elixir”, but only now when we started to study the aging process at the cell and molecular levels we have the chance to slow down the time...

Causes and mechanisms of youth and beauty dying

The modern theories say that aging is the complex of gene system and cell structure damage and the scarcity of energy (or energetic hunger). The cause is the active oxygen negative effect. The active molecular oxygen (free radical, so-called) is able to break structure and functions of protein, lipid, nucleic acids and other molecules, resulting in cell pathological functioning, their damage and

death.

The following factors facilitate the free radicals elaboration:

- UV radiation and insolation (the excessive stay in the sun and solarium)
- Environmental hazards
- Intoxication, smoking, drink abuse
- Stress
- Different diseases

What is the scarcity of energy (energetic hunger)?

The cell bios depends on mitochondria, the cell's powerhouse. Mitochondria is the structure inside a cell that is the location of the cell's energy production machinery. It is well known that the mitochondria convert organic materials into cellular energy in the form of ATP, mitochondria also play an important role in many metabolic tasks. Coenzyme Q10 (also known as ubiquinone) is the important part of the electron transport chain and the energy production as well. Mitochondria and their energetic processes are very sensitive to free radicals action. The cell energetic hunger is the threat of its premature aging and death.

The way free radicals action and energetic hunger affect our appearance

The following aging external features reveal under free radicals action and because of the energetic hunger:

- Wrinkles, dryness or pathological skin oiliness
- Changing of the facial contours
- Reducing of face and body skin tightness and resilience
- Skin puffiness and raccoon eyes
- Reducing of skin, nails and hair regenerative capability
- Hair and nails thinning and fragility
- Age-related pigment spots and arterial spider
- The subcutaneous fat structure disturbance, cellulites

The way dermatologic cosmetics act

The dermatologic cosmetics contain the great number of essential components for skin and youth care. The components need to penetrate deep into the skin structure through the epidermal barrier but the skin and its appendages, in their turn playing the

protective role of the body, block them up.

What the nutricosmetics is doing?

Nutricosmetics effectively solves the problem of youth keeping and premature aging. Because of its ability to set the active components into the blood flow, the nutricosmetics touch the skin deep layers, reaching the hair bulb, nail growth region, that excel and add the dermatic cosmetics effect.

“Coenzyme beauty”

The first composite nutricosmetics product of the inside directed action against aging and for youth and beauty maintaining.

- It contains coenzyme Q10, alpha-lipoic acid and natural vitamin E in well-balanced composition. It helps fighting against youth dying in the intra- and extra-cellular levels.
- It reduces the existing and prevents the future aging manifestations.

1 capsule active components content of “Coenzyme beauty” DS

Component's name	Content, mg. (ounces)	Daily need percentage, %
Coenzyme Q10	30 (0,0011)	*
Alpha-lipoic acid	30 (0,0011)	*
Natural vitamin E	15 (0,0006)	150

*-the daily need was not defined

The “Coenzyme beauty” active components are the coenzyme Q10 lipid soluble form, natural vitamin E, alpha-lipoic acid.

Coenzyme Q10 (ubiquinone) from the Greek “ubique” – everpresent.

Coenzyme Q10 deficit connects with cell damage and dying directly. From the age of 20 CoQ10 elaboration reduces proportionally with cells need growing. Energetic processes slow down, which results in cells aging and then death.

Coenzyme Q10 functions

- Energetic
 - plays an important role in the cells energy production, preventing energetic hunger and aging
- Antioxidative
 - Is a powerful antioxidant. It protects the cells

from free radicals damaging effect

- Can restore the activity of other antioxidants (e.g. vitamin E)
- Signal function
It stops the scheduled cell death (apoptosis)
- Antihypoxic action
It prevents the cells and tissues oxygen deficit

Natural vitamin E

Lipid soluble vitamin has the following properties:

- It is the natural antioxidant
- It slows down the aging process
- It strengthens the immunity
- It suppresses the inflammation and allergy
- It regulates the metabolic process and helps the vitamins, proteins and fats digestion
- It normalizes the lipidic metabolism, preventing atherosclerosis development
- Cardio-vascular, nervous, reproductive and hemogenic systems need it for normal functioning
- It is better than its synthetic analogues

Alpha-lipoic acid

It is the only universal water and lipid soluble antioxidant, which is able to act in the intra- and extra-cellular area as well.

- It regulates the cells energetic metabolism
- It sets up the skin collagen fibers and the subcutaneous fat structures and functions, which change in the process of ageing and scarry.
- It is of insulin-like action, helps digest the glycose, preventing diabetes and its complications
- It normalizes the liver detergent action
- It repairs the neurility and nerve fibers regeneration

“Coenzyme beauty” components interaction

The characteristics of coenzyme Q10, alpha-lipoic acid and natural vitamin E composition in “Coen-

zyme beauty”:

- Coenzyme Q10, alpha-lipoic acid and natural vitamin E together are more effective than each component separately
 - “Coenzyme beauty” maximum bioavailability is in components interaction
- Because of coenzyme Q10, alpha-lipoic acid and natural vitamin E, the sources of antioxidants, “Coenzyme beauty” can be useful for slowing down the aging process.

Product form

30 capsules each of 500 mg (0,018 ounces) in a package

Dosage and recommendations

To adults 1 capsule a day at mealtimes. Course of 1 month, can be refreshed if necessary.

Contra indications:

Individual intolerance to medication.

Storage

Store at dry and cool place.

1 package is for 1 month

Is not a medication

Shelflife is 2 years

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