How Can CoQ10 Help?

Heart Health
Supports healthy heart function.

Statin Users
Cholesterol-lowering statin medications have been shown to reduce coenzyme Q10 levels, leading to muscle pain and fatigue. Health-care practitioners agree on the importance of replenishing coenzyme Q10 levels.



Migraine Relief
Supports brain health and helps reduce the frequency and severity of migraines when taken preventatively.





Slow Release

Ideal for active individuals, this innovative formula uses non-GMO pea protein to gradually release CoQ10, helping maintain consistent levels throughout the day. This steady supply supports heart health and may help prevent sudden drops in CoQ10 levels that could trigger migraine symptoms.

If you are unsure of the coenzyme Q10 dosage you require, speak to your naturopathic doctor or request a coenzyme Q10 blood test.

This test is especially important to regularly monitor patients receiving statin therapy, and is also used to monitor degenerative disorders such as Alzheimer and Parkinson disease.

New Roots HERBAL

To ensure these products are right for you, always read and follow the label.

All ingredients are tested for potency and quality in our ISO 17025–accredited laboratory.

HPL0288

CO-ENZYME Q10: PROTECTIVE ANTIOXIDANT FOR HEART HEALTH, MIGRAINES, AND MORE



New Roots HERBAL

DISCOVER OUR FULL LINE

Boost your body's defenses against oxidative stress with coenzyme Q10, a vital nutrient researched for heart health, brain function, healthy skin, and more. This powerful antioxidant supports cellular energy, helping you feel revitalized and youthful from the inside out.

WHAT IS COQ10?

Coenzyme Q10, also called CoQ10, is a natural substance found in every cell of our body. It plays two important roles:

1. **Cellular Energy Production**
   Coenzyme Q10 helps generate energy in the form of adenosine triphosphate (ATP) inside your cells. It does this by helping to convert nutrients in food to energy, particularly within the mitochondria.

2. **Antioxidant Protection**
   Coenzyme Q10 is an antioxidant that protects your cells from damage caused by harmful molecules called free radicals. This helps maintain cell health and reduces oxidative stress, which can contribute to aging and various diseases.

NATURAL DECLINE

The body's natural levels of coenzyme Q10 tend to decrease with age. Lower CoQ10 levels may be associated with various health concerns, particularly as we grow older.

DISCOVER OUR COQ10 FAMILY



30 mg

Good starting point for healthy adults seeking antioxidant protection and cellular energy support as natural CoQ10 levels decline with age.

60 mg

An ideal choice for everyday cardiovascular support, with antioxidant benefits that help protect cells from oxidative stress.





100 mg

Capsules (left): Our bestselling CoQ10 supports cardiovascular health, provides antioxidant protection, and serves as a starting dose for migraine prevention.

Softgels (right): New CoQ10 softgels with MCT oil for enhanced absorption. Supports cardiovascular health, helps replenish CoQ10 levels in statin users, and reduces migraine frequency and associated nausea.





200 mg

A high-potency option for individuals taking statins who experience muscle discomfort and fatigue. Also helps reduce the frequency of migraine headaches and associated nausea when taken preventively.



300 mg

Our highest-potency CoQ10 formula is developed for individuals taking higher doses of statins or experiencing chronic migraines. It also provides antioxidant protection and delivers a dosage commonly used as a starting point in studies on neurodegenerative diseases.