



ageless system

- ENERGY BOOSTER -

## FAQs

### 1. Does this product contain stimulants?

No. The *ageless system*'s ENERGY BOOSTER does NOT contain caffeine or stimulants. *The ageless system*'s ENERGY BOOSTER contains nutrients that support energy production in the body, naturally. It contains the recommended daily amount of key B vitamins necessary for optimal energy creation in the body. Plus, the nutrients Coenzyme Q10 (CoQ10), alpha lipoic acid (ALA) and pyrroloquinoline quinone (PQQ) are present to promote health and function of mitochondria – the parts of your cells that create energy.

### 2. What is PQQ?

PQQ (pyrroloquinoline quinone) is a powerful antioxidant – its ability to stop free radicals from wrecking havoc on your cells (redox potential) is 20,000. To put that into perspective, the respected antioxidant, vitamin C, only has a redox potential of 4. PQQ is naturally found in trace amounts in green tea, parsley, green peppers, kiwi and papayas. Research has discovered PQQ can improve the health and function of a cell's mitochondria. As we age, we have fewer mitochondria, and many of them start to dysfunction. Mitochondrial dysfunction has “a critical role at the center of aging”.

NOTE: The *ageless system* is a system of supplements, all of which were specially formulated with nutrients that support aging in multiple ways - PQQ not only helps mitochondria to promote more energy, PQQ may prevent the loss of function of brain cells and, decrease the risk of Alzheimer's disease.

### 3. How is CoQ10 important to energy production?

CoQ10 stimulates the creation of new mitochondria. New mitochondria are great at producing energy. Plus, more mitochondria mean more energy can be created. CoQ10 has been extensively researched for its health benefits to the heart, fibromyalgia, glaucoma and wrinkle prevention. CoQ10 is naturally found in small amounts in animal meat, broccoli and cauliflower.

### 4. What is the recommended dosage?

The recommended dose is one capsule per day for adults.

### 5. What is the source of fish oil?

It's from small, sustainable fish - anchovies and sardines from the Pacific Ocean. It is third party tested and meets Canada's high stringent standards for quality and purity.

### 6. How long before this product takes effect?

Depending on your B vitamin status and digestion, you may notice feeling like you have more energy in as little as 20 – 30 minutes. However, to date there are no clinical studies to suggest when one should expect to notice an increase in energy from PQQ, CoQ10 and ALA. However, clinical studies using PQQ supplementation suggest there are significant changes in blood levels of markers of inflammation, as well as indicators of positive changes to mitochondria function within 72 hours.

### 7. What ingredients are in *ageless system*'s ENERGY BOOSTER?

The medicinal ingredients per capsule:

DL-Alpha-Lipoic acid ...50 mg

Riboflavin ...50 mg

CoQ10 (*Rhodobacter sphaeroides* whole cell for biosynthesis) ...30 mg

Fish oil (from whole *Clupeidae* and *Engraulidae*) ...30 mg

(Standardized to contain 9% EPA and 6% DHA)

Vitamin B6 (Pyridoxine hydrochloride) ....25 mg

PPQ (Pyrroloquinoline quinone disodium salt) ...15.26 mg

Vitamin B12 (Methylcobalamin) ...0.5 mg

Folic acid (Calcium 5-Methyltetrahydrofolate) ...0.4 mg

The non-medicinal ingredients are: Silicon dioxide, magnesium stearate, microcrystalline cellulose, hypromellose.

## **8. What's the recommended use?**

Helps in energy metabolism and provides antioxidants for the maintenance of good health.

Helps in the normal function of the immune system.

Helps support cardiovascular health.

## **9. Are there cautions or warnings?**

As per Health Canada's NNHPD regulations, the warnings and cautions for the ingredients in this product are: "Consult a health care practitioner prior to use if you are pregnant or breastfeeding, if you are taking blood pressure medication, or if you have diabetes. If you experience sweating, paleness, chills, headache, dizziness and/or confusion, discontinue use and consult a health care practitioner (as these may be symptoms of serious low blood sugar)."