

(U.S. product)
 Article No. 02277 (30-day supply)

E+CoQ10 may help to:

- Promote healthy heart function*
- Increase heart's energy supply*
- Improve circulation*
- Promote normal blood pressure*
- Maintain healthy gums*
- Boost stamina*
- Enhance energy production*
- Slow the aging process*

Vitamin E has long been known as a major contributor to cardiovascular health, and Coenzyme Q10 (CoQ10) has been identified by cardiologists and other health professionals as the most dramatic therapeutic discovery in recent years.* Now Watkins brings the two together—with other enhancements—in a supplement that could have a huge impact on your life. This synergistic formula teams two of the most important heart and energy nutrients for benefits above and beyond what either can do alone, and adds two support nutrients for enhanced benefits. 30 softgels; one per day.

- **Coenzyme Q10:** This vitamin-like antioxidant is found in every cell of the body—especially the heart—and acts as the “spark” for energy production. The body's production of CoQ10 declines with age; low levels have been associated with accelerating the aging process. CoQ10 has been used to promote healthy cardiovascular function, as well as lessening the aging process.*
- **All-Natural Vitamin E with Mixed Tocopherols:** Vitamin E helps to promote healthy heart function by reducing harmful effects of LDL (bad) cholesterol and helping to prevent blood clots.* It may also help block some of the harmful effects of a fatty meal and slow the aging process.* Most vitamin E supplements contain only alpha tocopherol. Mixed tocopherols (alpha, beta, gamma and delta tocopherols) are natural vitamin E compounds that provide additional benefits beyond what plain vitamin E can provide. Plus, because CoQ10 helps to regenerate and activate vitamin E in the body, research has demonstrated that a combination of E plus CoQ10 is more beneficial to the proper functioning of the cardiovascular system than vitamin E alone.*



- **Selenium:** This antioxidant mineral helps to protect the body from the aging process.* It also works synergistically with vitamin E to enhance its activity in the body.
- **Hawthorn:** This antioxidant herb may benefit the heart by helping to dilate blood vessels and improve blood flow, and to increase the heart's energy supply and improve pumping ability.* It may help to support health of coronary arteries and thus maintain normal blood pressure, and exerts a calming effect.*
- **Soy-based softgel:** Improves the absorption of CoQ10 by 273% over dry tablets; its natural carob coating protects the ingredients from exposure to light, helping to maintain potency.

Supplement Facts		
Serving Size 1 Softgel		
	Amount Per Serving	% DV
Vitamin E (as d-alpha tocopherol plus d-beta, d-gamma and d-delta tocopherol)	200 IU	667
Selenium (as amino acid chelate)	20 mcg	29
Coenzyme Q10	30 mg	†
Hawthorn (leaf) (flower) standardized extract (1.8% flavonoids as vitexin)	50 mg	†

† Daily value (DV) not established.

Other ingredients: Gelatin, glycerin, soybean oil, water, carob extract, silicon dioxide, titanium dioxide.

Directions: For adults: take 1 softgel per day with any meal.

**These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.*

Testimonials—

*These are personal testimonials. Individual results may vary.
Consult your physician before taking any dietary supplements.*

“After taking Watkins E+CoQ10 for only one month, my blood pressure went from 145/98 to 120/71.”

—**Gloria Williamson, British Columbia**

“Since taking Watkins E+CoQ10, my blood pressure went from 210/100 to 150/80. I decided to see what would happen if I stopped taking it, and it went back up. I won’t go without it anymore.”

—**Mary Bonner, California**

“Watkins E+CoQ10 along with Watkins Superfood Multiple helped me to wake up in the morning without feeling tired. It simply enhanced my energy level in a way I was not expecting. I can go all day!”

—**Linda Hunter, West Virginia**