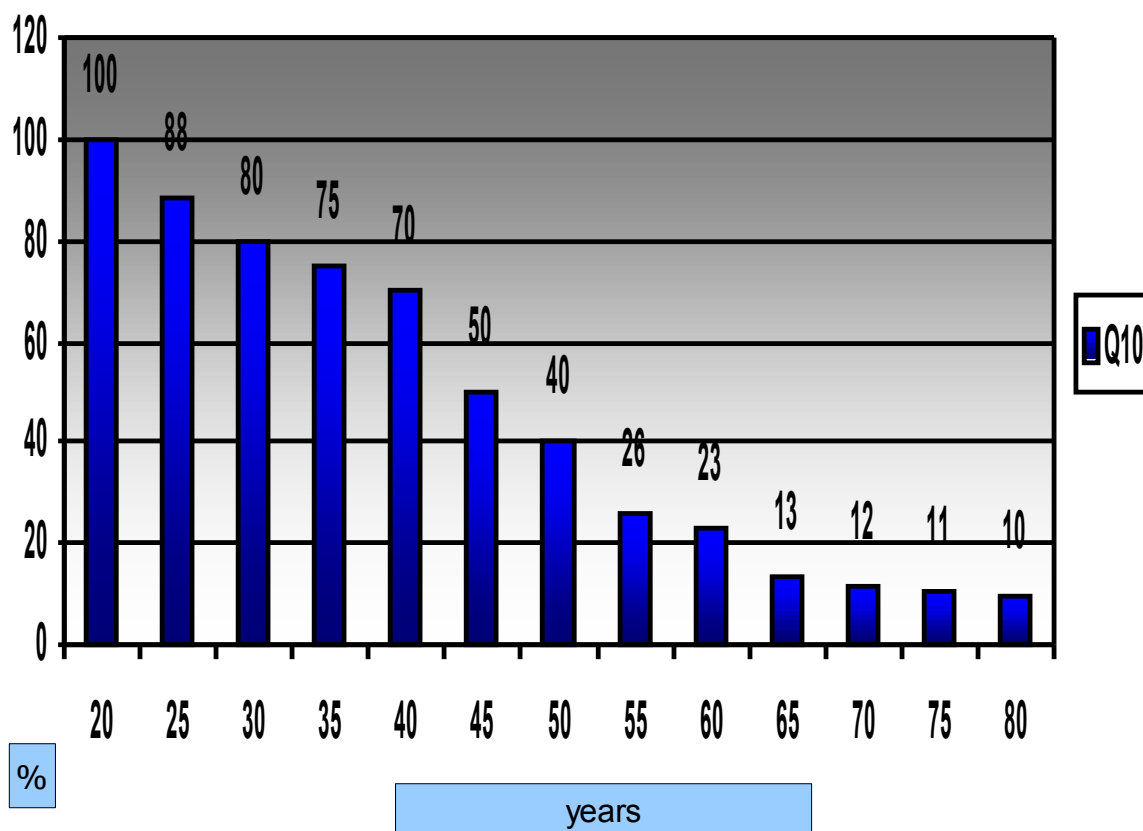


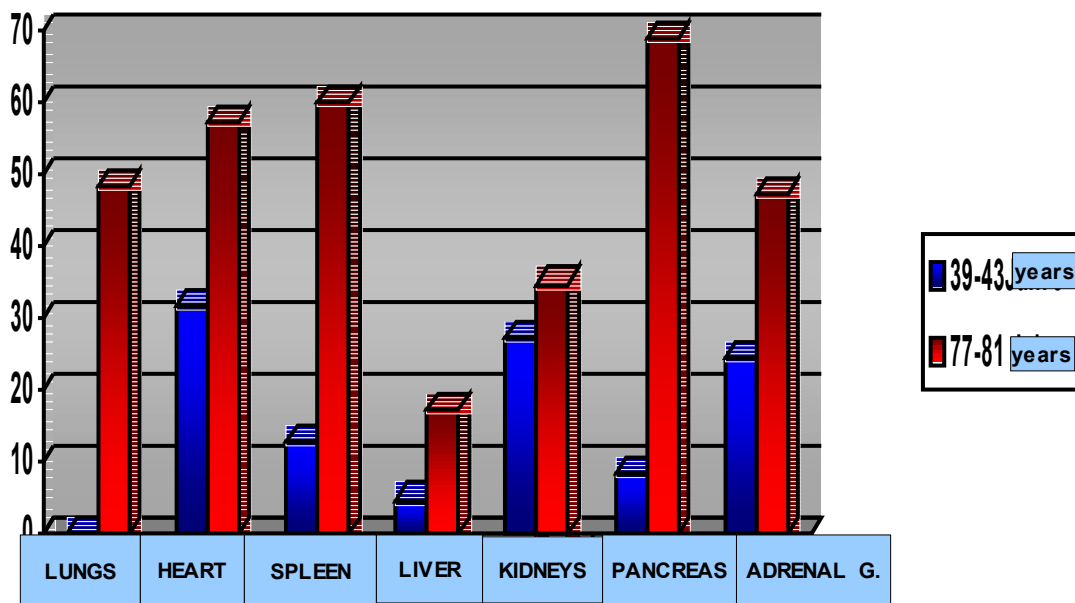
Coenzyme Q10 in Tables

1. Loss of Coenzyme Q10 during the aging (100 % value: Age of 19-21 years)

Organ	Loss in % (Age 39-43 years)	Loss in % (Age 77-81 years)
Lungs	0	48,3
Heart	31,8	57,1
Spleen	12,8	60,1
Liver	4,7	17,0
Kidneys	27,4	34,7
Pancreas	8,1	69,0
Supra renal glands	24,2	47,2
Average	30,0	85,0



Loss of CoQ10 general in all body during the aging



2. Coenzyme Q10 physiological data

Chemical name	2,3-dimethoxy-5-methyl-6-dekaprenyl-1,4-benzochinon
Pool	0,5 – 2 g (500-2000 mg)
Mitochondria	40-50%
Cell nucleus	15-20%
Microsomes	15-20%
Cytosol	5-10%
Blood	1-2%
Average blood concentration	1,2 mg %
Biological turnover	500 mg/24 hours
Maximal Q10-increase after intake 100 mg (peroral)	+0,1 mg % after 5-10 hours (aver. 6,5 hours) : 1,004+/-0,37µg/ml
Maximal Q10-increase after 4-days successive intake of 100 mg daily	+0,54 mg % after 4 days: 5,4 µg/ml
Plasma halftime	33,9+/-5,32 hours
Excretion	Bile → Stool (62,5%)