



CONTENT

Net content: 14,25 g
30 capsules x 475 mg

HOW TO TAKE:

- ✓ Take 1 or 2 capsules daily with your meals.
- ✓ Do not exceed the recommended daily portion.



Tiens CoQ10 & Quercetin PRODUCTS FEATURES

Scientifically formulated supplement that combines two key ingredients, Q10 and Quercetin. This dynamic duo works synergistically to provide you with optimal health benefits.



Enriched with plant antioxidants from hawberry, helping to protect your cells from oxidative stress and promote overall well-being.

Backed by a blend of essential vitamins: B1, B9, D3, E, and K2 working together to support various bodily functions, including energy metabolism, immune health, heart health and bone strength.

User Friendly & convenient! Our product comes in small and easy-to-use capsules. Simply take one capsule with a glass of water.

More information:

Ingredients with nutritional and/or physiological effects:	in 2 capsules (recommended daily portion)	% NRV*
Coenzyme Q10	100 mg	-
Quercetin	100 mg	-
Hawberry 4:1 extract	50 mg (equals 200 mg of hawberry)	-
Vitamin E	12 mg	100%
Thiamin (Vitamin B1)	1,1mg	100%
Folate (Vitamin B9)	210 µg	105%
Vitamin K2	54 µg	32%
Vitamin D3	5 µg	100%

*NRV – Nutrient Reference Values

#tiensCoQ10

TIENS UK LTD
www.tiens.co.uk

TIENS



TIENS CoQ10 & Quercetin

SUPPORTS **HEART FUNCTION**,
REDUCES THE FEELING OF **FATIGUE**
AND AIDS **ENERGY LEVELS**;
ANTIOXIDATION
& CELL PROTECTION.

**VITAMINS B1,
B9, D3, E AND K2,
COENZYME Q10,
QUERCETIN, AND
HAWBERRY.**

EFFECTIVE FORMULA



TIENS

Q10

CoQ10 is a vitamin-like substance which helps provide energy to cells. It contributes to normal energy-yielding metabolism, protection of cells from oxidative stress, normal functioning of the immune system and the reduction of tiredness and fatigue.



Quercetin contributes to the protection of cells from oxidative stress, normal function of the immune system, maintenance of normal blood pressure and blood cholesterol levels.



Folate, also known as **vitamin B9**. Folate contributes to the normal amino acid synthesis, blood formation, homocysteine metabolism and has a role in the process of cell division.



Thiamin (thiamine), or **vitamin B1**, is involved in several basic cell functions and the breakdown of nutrients for energy. Thiamin plays role in energy-yielding metabolism, contributes to normal functioning of the nervous system and normal heart function.

Vitamin D3, E & K2.

Vitamin D3 supports bone health, immune function, and mood regulation; Vitamin E acts as a powerful antioxidant, promotes skin health, and boosts the immune system; and Vitamin K2 promotes bone health, cardiovascular health, and blood clotting regulation.



Hawthorn berry is used traditionally as a herbal remedy, which may help improve heart health by reducing blood pressure & cholesterol levels, and improving blood flow & nervous system.



CAREFULLY SELECTED FORMULA WITH LOTS OF BENEFITS



CREATED FOR:

- PEOPLE WHO WANT TO BE PHYSICALLY ACTIVE;
- PEOPLE WHO WANT TO IMPROVE HEART HEALTH;
- PEOPLE WHO SUFFER FROM LOW ENERGY LEVELS AND FATIGUE;
- PEOPLE WHO WANT TO IMPROVE THEIR NERVOUS SYSTEM;
- PEOPLE WHO WANT TO LIVE MORE MINDFULLY AND MAINTAIN A HEALTHY LIFESTYLE;