

Blissq10 with coenzyme q10 and magnesium contributes to cellular energy production and reduces tiredness and fatigue.

Dietary supplement formulated with Coenzyme Q10, L-Tryptophan, Magnesium, Ginkgo Biloba, Rhodiola Rosea, Vitamins and Minerals.

BlissQ10 is a dietary supplement that contributes to improving daily health and well-being. Formulated with a unique combination of Coenzyme Q10, L-Tryptophan, Magnesium, Ginkgo Biloba, Rhodiola Rosea, Vitamins, and Minerals. BlissQ10 is specially created to support cellular energy production, reduce tiredness and fatigue, and promote normal muscle and neurological function.

COMPOSITION

Q10

Coenzyme Q10: Essential for ATP production, the cellular energy currency, and acts as a potent antioxidant, strengthening the immune system and protecting cells from oxidative damage.



L-Tryptophan: Crucial for the production of serotonin and melatonin, neurotransmitters that regulate mood and sleep, helping to improve sleep quality and maintain a positive mood.

Mg

Magnesium: Ensures proper muscle contraction, improving muscle strength and endurance, and reducing tiredness and fatigue, allowing you to stay active throughout the day.



Ginkgo Biloba: An excellent regulating vessel that improves blood flow. Its flavonoids enhance central and peripheral circulation and act as antioxidants, protecting cells from damage.



Rhodiola Rosea: A plant rich in adaptogens, helps the body achieve optimal performance. It combats tiredness, increases energy levels and physical endurance, and strengthens the nervous system, helping you adapt to stress.



Resveratrol, Citrus Bioflavonoids, and Grape Seed Extract: Potent antioxidants that contribute to maintaining a healthy cardiovascular function, protecting the heart and blood vessels.



Vitamins and Minerals: Vitamin C is essential for collagen synthesis, while B Vitamins (B1, B2, B3, B5, B6, B9, B12) are essential nutrients for energy metabolism and overall cell health. Chromium and Selenium support immune function and protein synthesis, completing a comprehensive formula for your daily well-being.



WHO CAN TAKE IT?



Athletes who wish to transform energy into muscle movement: contributes to muscle relaxation, reduces oxidative stress of exercise and improves blood flow.



Patients with chronic pain seeking to reduce fatigue and tiredness: strengthens the nervous system, relieves muscle pain and strengthens the immune system.

CLINICAL BENEFITS

The ingredients in BlissQ10 are backed by scientific research.

- ✓ **Boost your vitality and energy^{1,2,3}:** Coenzyme Q10 is an essential nutrient for energy production in cells, improving mitochondrial efficiency and reducing fatigue, and L-Tryptophan promotes the release of serotonin, which is responsible for improving our mood.
- ✓ **Improve your physical activity^{2,4,5}:** Coenzyme Q10 improves muscle function and reduces fatigue, and Magnesium ensures proper muscle contraction and enhances physical performance, reducing the sensation of fatigue.
- ✓ **Avoids physical and mental decay processes⁶:** L-Tryptophan promotes the release of serotonin and melatonin, improving mood and regulating sleep, and Rhodiola Rosea combats fatigue and increases energy levels.
- ✓ **Muscle / bone pain relief^{5,7}:** Most of muscle pain originates from poor circulation. Ginkgo Biloba improves blood flow, alleviating muscle pain related to poor circulation, and Magnesium contributes to muscle relaxation and relieves cramps.
- ✓ **Recovery of post-surgical processes^{7,8}:** Ginkgo Biloba improves healing by increasing oxygen transport, while Resveratrol and Citrus Bioflavonoids provide antioxidant action that aids in cell recovery and protection during the healing process.

MODE OF USE

60 capsules. Take 2 capsules daily in the morning. This method of administration ensures optimal absorption and bioavailability of the active ingredients.

Warnings: Avoid concurrent use with anticoagulants.

BlissQ10 is an effective and safe option that helps increase vitality, improve muscle and cardiovascular function, and reduce musculoskeletal pain.

REFERENCIAS BIBLIOGRÁFICAS

BlissQ10 has been formulated with scientifically backed ingredients to ensure its effectiveness in normal muscle function and the reduction of tiredness and fatigue.

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NUTRITIONAL VALUE	DAILY DOSE (2 capsules per day)	%NRV*
L-Tryptophan	300 mg	-
Polygonum cuspidatum	200 mg	-
• Of which resveratrol	190 mg	-
Magnesium	102 mg	27,20%
Ginkgo biloba	120 mg	-
• Of which flavonoids	28,80 mg	-
Coenzyme Q10	100 mg	-
Vitamin C	80 mg	100%
Rhodiola rosea	80 mg	-
• Of which rosavinas	2,40 mg	-
• Of which salidroside	0,80 mg	-
Grape	60 mg	-
• Of which proanthocyanidins	57 mg	-
Orange tree	53,34 mg	-
• Of which hesperidin	32 mg	-
Niacin	16 mg NE	100%
Pantothenic acid	6 mg	100%
Vitamin B6	1,4 mg	100%
Vitamin B2	1,4 mg	100%
Vitamin B1	1,1 mg	100%
Chrome	40 µg	100%
Folic acid	200 µg	100%
Selenium	60 µg	109,09%

*NRV = Nutrient Reference Value