QuinoMit Q10

QuinoMit Q10® fluid contains ubiquinol, the reduced form of the coenzyme Q10. As opposed to oxidized ubiquinone, it can be metabolized without being changed before. Especially for patients who are severely ill, people of old age or people suffering from a zinc or selenium deficit, the effort of changing ubiquinone into a different form is reduced significantly.

The mitochondria use Q10 in their respiratory chain in order to carry electrons. Therefore, it is essential for energy generation in the cells. Moreover, it is a highly effective antioxidant that can interact with free radicals. QuinoMit Q10® fluid contains ubiquinol in small drops (liposomes). They are created when you melt a substance in the presence of lecithin of plant origin. Through this patented special preparation process, the oral mucosa can resorb it directly.

In addition to that, QuinoMit Q10® fluid contains niacinamide (vitamin B3), which is another crucial cofactor for mitochondrial energy generation and many synthesis processes in the body.

Quinomit Q10® fluid - Dosage Calculation

1 drop of Quinomit Q10® fluid contains 6,5mg ubiquinol; the more active form of Q10.
Quinomit Q10® fluid is 10 times stronger than traditional Q10 powder, due to its enhanced absorption capacity.

Dosage for treatment purposes 10mg Q10 powder or 1mg Quinomit Q10® fluid per kg:

$$\frac{\text{Body weight (kg) x 1mg ubiquinol}}{\text{6,5mg ubiquinol pr. drop}} = \text{amount of drops per day}$$

Example for a person who weighs 80kg:

$$\frac{80\ kg}{6,5\ mg} = 12,3\ drops$$

A person weighing 80kg is advised to take 12-13 drops per day, divided into 3 doses (3-4 drops, 3x daily)

Dosage for maintenance in healthy individuals 3mg Q10 powder 0,3 mg Quinomit Q10® fluid per kg:

$$\frac{\text{Body weight (kg) x 0,3 mg ubiquinol}}{\text{6,5 mg ubiquinol}} = \text{amount of drops per day}$$

Example for a person who weighs 80kg:

$$\frac{80\ x\ 0,3}{6,5} = 3,7\ drops$$

A person weighing 80kg is advised to take 3-4 drops per day, divided into 3 doses (1-2 drops, 3x daily)