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# Nergy Q10 Sticks

*Data Sheet*

[www.artgerecht.com](http://www.artgerecht.com)





## Your natural energy source for everyday life & sport

Natural energy formulation without sugar crash

### **NERGY Q10: Unique energy source with immediate availability and no rapid insulin release**

Direct absorption and utilization of ribose. Magnesium<sup>3</sup> as well as the triple power of Vitamin B2<sup>4</sup>, B3<sup>5</sup>, and B5<sup>6</sup> support you in the fight against fatigue and simultaneously boost your cognitive performance.

- Coenzyme Q10: The body's own energy
- Metabolism stimulation through L-Carnitine
- Reduction of fatigue and tiredness
- High doses of B-vitamins
- Available short-term without a crash

## What is Nergy Q10 Sticks?

The human body requires energy for all processes – especially during sports, physical and mental activity, and also during recovery. In our fast-paced world, where performance and endurance are crucial, we face new challenges every day. Whether professional athletes, students, or working professionals, they all have one thing in common: they want to tap into extra performance and focus for exams, training sessions, or marathon video conferences. The special composition of selected micronutrients in NERGY Q10 addresses this need.

The ribose in NERGY Q10 is well absorbed by the body and can be directly utilized without causing a rapid insulin spike. Magnesium, riboflavin (vitamin B2), niacin (vitamin B3), and pantothenic acid (vitamin B5) contribute to the reduction of fatigue and exhaustion<sup>1</sup>. In addition, magnesium, riboflavin, niacin, and thiamine (vitamin B1) also contribute to normal energy metabolism, while magnesium, niacin, and thiamine additionally support normal psychological function<sup>1</sup>.

These micronutrients are also referred to as 'Energy Response Modifiers', meaning necessary co-factors for efficient energy metabolism within the body's cells. Thanks to this unique combination, your body gets the energy it needs to perform its best in daily life, sports, or cognitively demanding tasks!

The cherry on top: The fresh and fruity cherry flavor also gives your taste buds a kick – and it's all vegan!

## Why Nergy Q10 Sticks from artgerecht?

- Sustainable energy boost without sugar crash
- Pure Bioenergy Ribose® in the highest quality
- With high-dose B-vitamins
- With Coenzyme Q10 (Ubiquinol): involved in numerous processes in the body
- Metabolism stimulation through L-Carnitine, a naturally occurring amino acid compound
- Helps reduce fatigue and exhaustion<sup>4</sup>
- Contributes to normal energy metabolism<sup>3</sup>
- On the Cologne List®

## Scientific background to Nergy Q10 Sticks?

NERGY Q10 consists of pure Bioenergy Ribose® of the highest quality, tailored to meet the modern needs of humans. Through its combination with coenzyme Q10, guarana extract, magnesium, vitamins B1, B2, B3, and B5, as well as L-carnitine and taurine, it has become a species-appropriate combination. The magnesium, riboflavin (vitamin B2), niacin (vitamin B3), and pantothenic acid (vitamin B5) it contains help to reduce fatigue and exhaustion<sup>1</sup>. Additionally, magnesium, riboflavin, niacin, and thiamine (vitamin B1) also contribute to normal energy metabolism, while magnesium, niacin, and thiamine further support normal psychological function.

Coenzyme Q10 is involved in the electron transport of the mitochondria and can act as an antioxidant to protect cells from oxidative damage caused by so-called 'free radicals'. Tissues with high energy demands, such as the heart, kidneys, liver, and muscles, contain particularly high levels of coenzyme Q10. It also helps to efficiently convert nutrients into energy and plays a crucial role in the production of ATP (adenosine triphosphate), the main energy carrier of cells.

L-carnitine is a naturally occurring amino acid compound that plays a key role in energy production by transporting long-chain fatty acids into the mitochondria, where they are subsequently oxidized for energy production. L-carnitine supplementation is commonly used to improve athletic performance, especially in endurance sports. Some studies suggest that it may reduce muscle breakdown, improve recovery, and enhance endurance.

## Frequently Asked Questions

### What is special about NERGY Q10?

NERGY Q10 consists of pure Bioenergy Ribose® in the highest quality, adapted to today's needs of the human body. Combined with Coenzyme Q10, Guarana extract, Magnesium, Vitamin B1, B2, B3, and B5, as well as L-Carnitine and Taurine, it forms a perfect combination. The included Magnesium, Riboflavin (Vitamin B2), Niacin (Vitamin B3), and Pantothenic acid (Vitamin B5) help reduce fatigue and tiredness<sup>1</sup>. Additionally, Magnesium, Riboflavin, Niacin, and Thiamine (Vitamin B1) support normal energy metabolism, while Magnesium, Niacin, and Thiamine also contribute to normal psychological function<sup>1</sup>.

### How is NERGY Q10 and specifically the Ribose produced?

The raw materials used in NERGY Q10 are of natural origin. Ribose can be easily absorbed by the body and directly utilized. A similar concentration of Ribose in lower dosages can only be

found in tropical fruits like mangoes.

### When is the best time to take NERGY Q10?

NERGY Q10 can be taken at any time of the day. For athletes, it is optimal to take it 30-60 minutes before and/or during physical activity.

### What is the difference between Coenzyme Q10 and Ubiquinol?

Ubiquinol is the reduced, active form of Coenzyme Q10, while Ubiquinone is the oxidized form. Both substances, Ubiquinol and Ubiquinone, play a central role in the mitochondria of the cells, where they are involved in energy production. The main difference between them is that Ubiquinone (oxidized Coenzyme Q10) must first be converted into Ubiquinol by the body before it can be used. Ubiquinol, on the other hand, is the bioactive form, which is directly utilized by the body.

Another difference lies in bioavailability. Ubiquinone must be converted into Ubiquinol, which may be less efficient in some people, especially older individuals. Ubiquinol, however, is immediately available and thus easier for the body to absorb. Both forms, Ubiquinol and Ubiquinone, support energy production in cells and act as antioxidants that protect cells from oxidative stress. However, Ubiquinol is considered the more effective form, as it is immediately active and has a stronger antioxidant effect.

As we age, the body's ability to convert Ubiquinone into Ubiquinol decreases. For this reason, it is often recommended to supplement with Ubiquinol, especially in older age, as it is a more efficient and readily available form of Coenzyme Q10.

## Ingredients

Bioenergy Ribose®, Tri-magnesium dicitrate (Magnesium), L-Carnitine L-tartrate (L-Carnitine), Natural flavor, Taurine, Natural colorant (beetroot juice), Acid regulator (tartaric acid), Anti-caking agent (potassium bitartrate), Natural flavor, Guarana extract (Guarana extract 10% caffeine), Coenzyme Q10 (Ubiquinol), Calcium D-pantothenate (Vitamin B5), Niacinamide (Vitamin B3), Thiamine hydrochloride (Vitamin B1), Riboflavin (Vitamin B2)

Content	Per Daily Dose (10 g) % NRV2	
Vitamin B1	20 mg	1,818 %
Vitamin B2	20 mg	1,428 %
Vitamin B3	50 mg	312 %
Vitamin B5	50 mg	833 %
Magnesium	250 mg	66 %
Ribose	5,000 mg	
Taurine	500 mg	
L-Carnitine	680 mg	
Coenzyme Q10 (Ubiquinol)	100 mg	
Guarana Extract (10% Caffeine)	100 mg	

## Recommended intake

Take 2 sticks (5 g) daily, either pure or dissolved in 200 ml of liquid. For athletes, it is optimal to consume 30-60 minutes before and/or during physical exertion.

## Additional information

- SKU/MPN: 15060-3
- Content: 30 x 5 g
- Net filling quantity: 150 g
- EAN/GTIN: 4260656120446

- PZN (DE): 17975036
- PZN (AT): 5627614
- Customs tariff number: 21069098
- Origin: CZE
- Version: 18.12.2025



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1) Correspond to the health claims of the European Commission, confirmed by the European Food Safety Authority (EFSA) 2) NRV Nutrient Reference Values 3) Magnesium contributes to normal energy metabolism and the reduction of fatigue and tiredness. 4) Vitamin B2 contributes to the reduction of fatigue and tiredness, as well as normal nervous system function. Vitamin B3 contributes to the reduction of fatigue and tiredness, as well as normal nervous system function. Vitamin B5 contributes to the reduction of fatigue and tiredness, as well as normal nervous system function.