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Nergy Q10 Refill Pack

Data Sheet

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Nergy Q10 Refill Pack



Your natural source of energy for everyday life & sports

Natural energy formula without a sugar crash

NERGY Q10: Unique Energy Source with Immediate Availability Without Quick Insulin Release

Direct absorption and utilization of ribose. Magnesium³, along with the triple power of Vitamin B2⁴, B3⁵, and B5⁶, supports you in the fight against fatigue while simultaneously boosting your cognitive performance.

- Coenzyme Q10: The Body's Own Energy
- Metabolism stimulation through L-Carnitine
- Reduction of fatigue and exhaustion
- High-dose B-vitamins
- Instant availability without crash

What is Nergy Q10 Refill Pack?

The human body requires energy for all processes – especially during exercise, physical and mental activity, but 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 employees, they all have one thing in common: they want to boost their performance & focus quickly, whether 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 easily absorbed by the body and can be directly utilized without triggering a rapid insulin release. Magnesium, riboflavin (vitamin B2), niacin (vitamin B3), and pantothenic acid (vitamin B5) help reduce fatigue and tiredness¹. Additionally, magnesium, riboflavin, niacin, and thiamine (vitamin B1) contribute to normal energy metabolism, while magnesium, niacin, and thiamine also support normal mental function¹.

These micronutrients are also known as 'Energy Response Modifiers', necessary co-factors for efficient energy metabolism in body cells. Through this unique combination, your body receives the energy it needs to perform at its best in everyday life, during exercise, or when facing cognitively demanding tasks!

The cherry on top: The fresh, fruity cherry flavor also gives your taste buds a boost - and it's even vegan!

Why Nergy Q10 Refill Pack from artgerecht?

- Sustainable energy boost without a 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 tiredness⁴
- Contributes to normal energy metabolism³
- On the Cologne List®

Scientific background to Nergy Q10 Refill Pack?

NERGY Q10 consists of pure Bioenergy Ribose® of the highest quality, tailored to the modern needs of the human body. Combined with Coenzyme Q10, Guarana extract, magnesium, vitamins B1, B2, B3, and B5, as well as L-carnitine and taurine, it forms a natural and well-balanced blend. The magnesium, riboflavin (vitamin B2), niacin (vitamin B3), and pantothenic acid (vitamin B5) help reduce fatigue and tiredness¹. In addition, magnesium, riboflavin, niacin, and thiamine (vitamin B1) also contribute to normal energy metabolism, while magnesium, niacin, and thiamine further support normal mental function.

Coenzyme Q10 is involved in the electron transport chain of the mitochondria and acts as an antioxidant, protecting cells from oxidative damage caused by 'free radicals'. Tissues with high energy requirements, such as the heart, kidneys, liver, and muscles, have particularly high levels of coenzyme Q10. It also helps convert nutrients efficiently into energy and plays a crucial role in the production of ATP (adenosine triphosphate), the primary energy carrier in 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 oxidized for energy. L-carnitine supplementation is often used to improve athletic performance, especially in endurance sports. Some studies suggest that it may reduce muscle breakdown, improve recovery, and increase endurance.

Frequently Asked Questions

What makes NERGY Q10 special?

NERGY Q10 consists of pure Bioenergy Ribose® in the highest quality, tailored to the needs of today's humans. The combination with Coenzyme Q10, Guarana extract, magnesium, Vitamin B1, B2, B3, and B5, as well as L-carnitine and taurine, results in a well-balanced combination. The included magnesium, riboflavin (Vitamin B2), niacin (Vitamin B3), and pantothenic acid (Vitamin B5) contribute to the reduction of fatigue and tiredness¹. Additionally, magnesium, riboflavin, niacin, and thiamine (Vitamin B1) also support normal energy metabolism, while

magnesium, niacin, and thiamine contribute to normal psychological function¹.

How is NERGY Q10 and specifically the Ribose produced?

The raw materials used in NERGY Q10 are of natural origin. Ribose is very well absorbed by the body and used directly. A similar ribose concentration in lower dosages can only be found in tropical fruits such as mango.

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 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 that the body can use directly. Another difference lies in bioavailability. Ubiquinone must be converted into ubiquinol, a process that may be less efficient in some people, especially older individuals. Ubiquinol, however, is immediately available and thus easier for the body to use. Both forms, ubiquinol and ubiquinone, support energy production in the cells and act as antioxidants, protecting cells from oxidative stress. However, ubiquinol is considered the more effective form since it is immediately active and has a stronger antioxidant effect. With increasing age, the body's ability to convert ubiquinone into ubiquinol declines. For this reason, it is often recommended, especially in older age, to supplement with ubiquinol 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 (Beet 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

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

Additional information

- SKU/MPN: 15060-5
- Content: [siehe Variante]
- Net filling quantity: [siehe Variante]
- EAN/GTIN: 4260656120699
- Customs tariff number: 29369000
- Origin: CZE
- Version: 16.04.2026



1) In accordance with the health claims approved by 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 exhaustion.4) Vitamin B2 contributes to the reduction of fatigue and exhaustion and to normal nerve function. Vitamin B3 contributes to the reduction of fatigue and exhaustion and to normal nerve function. Vitamin B5 contributes to the reduction of fatigue and exhaustion and to normal nerve function.