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Q10 PQQ Complex

Data Sheet

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Supports energy, mitochondria & concentration

Highly bioavailable Q10 for your daily cellular energy, cognitive clarity, and mitochondrial protection.

Thought from the inside out. For structure, clarity, and resilience in everyday life.

Stress and aging processes noticeably affect cellular functions. The Q10 Complex combines microencapsulated Q10 with PQQ and activated vitamin B6 – technologically optimized and stable in absorption.

- Contains 30% active ubiquinone with immediate bioavailability
- Synergistic trio of Q10, PQQ & vitamin B6
- With highly effective BMT® Q10
- Modern formula without unnecessary additives
- Vegan, pure & lab-tested

What is Q10 PQQ Complex?

The Q10 PQQ Complex combines bioactive coenzyme **Q10**, **PQQ**, and active **vitamin B6** (P5P) in a technically advanced formulation. The recipe is based on a **synergistic combination** of selected micronutrients and technologically innovative processing.

With the help of **Biostile Microencapsulation Technology® (BMT®)**, the typically sensitive coenzyme Q10 is reliably protected and preserved from external influences. This is achieved by shrinking and stabilizing the active ingredient under low temperatures and high pressure. This allows for optimal absorption by the body and ensures a prolonged effect. At the same time, this process protects the Q10 from premature and uneven degradation, resulting in a **consistent active level with long-lasting, steady effects throughout the day**. The use of BMT® Q10 sets this product apart from conventional products on the market and has been **clinically confirmed as the best Q10 on the European market**.⁴

The use of the other ingredients has also been carefully considered and is based on the latest scientific findings. The complex also contains the bioavailable **sodium salt of PQQ**, as this form is more stable and water-soluble. The third active ingredient is vitamin B6, where the active form, **P5P** (pyridoxal-5'-phosphate monohydrate), has been selected. The result is a uniquely synergistic formulation.

All ingredients are **vegan, free from artificial additives, and lab-tested**. As a high-quality capsule product, it is ideal for daily use by anyone seeking a dietary supplement with maximum purity, scientific technology, and targeted effectiveness.

Why Q10 PQQ Complex from artgerecht?

- Synergistic combination of Q10, PQQ, and active vitamin B6 (P5P)⁶
- Clinically confirmed as the best Q10 on the European market⁴
- With vitamin B6 to reduce fatigue and support energy metabolism and the nervous system
- BMT® microencapsulation for high stability and optimal absorption
- Vegan, lab-tested formula without artificial additives
- Developed and manufactured in the EU

Scientific background to Q10 PQQ Complex?

Why a Q10-PQQ Complex Makes Sense

Coenzyme Q10, known in its oxidized form as **ubiquinone**, is involved in numerous biochemical processes in the mitochondria. There, it is part of the so-called respiratory chain, where nutrient components are converted into **ATP** (adenosine triphosphate). CoQ10 is also a **redox-active molecule** and can accept and donate electrons. The body's **natural production of coenzyme Q10 declines with age and under certain external influences**, such as intense physical activity, unbalanced nutrition, or certain environmental factors.

The **cofactor molecule PQQ** occurs in small amounts in plant-based foods, such as green tea or papaya. In scientific studies, PQQ is frequently examined in relation to **cellular energy metabolism**. Special attention is given to certain signaling pathways like PGC-1 α /CREB as well as proteins such as NRF-1, NRF-2, and Tfam, which are associated with **mitochondrial biogenesis**.⁵ In combination with CoQ10, PQQ is commonly used in complex micronutrient formulations.

Vitamin B6 adds the finishing touch to the formulation. Thanks to its active form (P5P), the body can utilize the compound directly, supporting the **formation of red blood cells**, the **nervous system**, **energy metabolism**, and the **immune system**.⁶ It also helps **reduce tiredness and fatigue**.⁶

Frequently Asked Questions

What is Coenzyme Q10 and why does the body need it?

Coenzyme Q10 (also known as Ubiquinone-10) is a vitamin-like substance naturally produced by the body, found in every cell — especially in tissues with high metabolic activity such as the heart, brain, liver, and muscles. In biochemical processes, Q10 is a component of the so-called respiratory chain that takes place in the mitochondria.

What are the functions of coenzymes?

Coenzymes assist enzymes in biochemical reactions by transferring electrons or chemical groups, for example. Coenzyme Q10 is involved in electron transport within the mitochondrial respiratory chain. PQQ acts as a redox-active coenzyme in specific enzymes and can repeatedly participate in oxidation-reduction reactions.

What makes the Q10 Complex different from conventional Q10 supplements?

Many conventional Q10 products contain ubiquinone in a simple powder form, which is sensitive to light, oxygen, and moisture. In artgerechts Q10 Complex, ubiquinone is stabilized using **BMT® microencapsulation technology** and embedded in a protective matrix. This shields the substance from external factors and allows for controlled release in the digestive tract.⁴ Additionally, Q10 is combined with PQQ and activated vitamin B6 (P5P) – a combination that is functionally coordinated.^{2,3}

What is special about the BMT® microencapsulation technology?

BMT® Q10 is based on a patented microencapsulation technology, in which ubiquinone (Q10) is embedded in a stable, hydrophobic matrix under vacuum conditions and at temperatures below 0°C. This process protects the sensitive ingredient from light, oxygen, and moisture and allows for targeted release in the digestive tract. It has been clinically proven that BMT® Q10 is the market leader in Europe and that its absorption in the body is **two to five times higher** than conventional pharmaceutical standard Q10.⁴ This makes it one of the most technologically advanced Q10 formulations currently available.

Why is bioavailability so crucial for Q10?

Coenzyme Q10 is a fat-soluble substance with a relatively large molecular structure, which makes it difficult for the body to absorb in its raw form. Many conventional Q10 supplements struggle with poor solubility, leading to low absorption in the intestines. Optimized bioavailability — the ability to make the substance truly available to the body — is essential for Q10 to be effective. Technologies such as BMT® microencapsulation significantly improve this process.^{4,5}

Why is the combination of Q10 and PQQ beneficial?

The combination of coenzyme Q10 and PQQ is common and often used in dietary supplements. It has a synergistic effect, as both are involved in cellular processes related to energy metabolism.^{2,3} Their different biochemical properties can complement each other functionally.⁵ Since we use the sodium salt form of PQQ, it is more stable and water-soluble.

Why is P5P used as the form of vitamin B6?

Vitamin B6 P5P (pyridoxal-5'-phosphate monohydrate) is the direct and bioactive form of vitamin B6. The body can use this form immediately and with maximum efficiency. Vitamin B6 supports the normal function of the nervous system and energy metabolism and helps reduce tiredness and fatigue.⁶ It also plays a key role in protein and glycogen metabolism, promotes the formation of red blood cells, and supports the immune system.⁶ It completes the formulation efficiently.

Ingredients

BMT® Coenzyme Q10, capsule shell (hydroxypropylmethylcellulose), filler (microcrystalline cellulose), pyrroloquinoline quinone (PQQ: disodium salt), vitamin B6 (pyridoxal-5'-phosphate monohydrate)

Content	Per Daily Dose (1 Capsule)	NRV ¹
BMT® Q10 Ubiquinone- of which CoQ10	333 mg100 mg	-
PQQ (Pyrroloquinoline quinone)	10 mg	-
Vitamin B6	2.8 mg	200%

Recommended intake

Take 1 capsule daily with 150 ml of water at breakfast.

Additional information

- SKU/MPN: 15117
- Content: 30 Kapseln
- Net filling quantity: 14g
- EAN/GTIN: 4260656121078
- PZN (DE): 19996232
- PZN (AT): 5989688
- Customs tariff number: 21069098
- Origin: SI
- Version: 05.12.2025



1) Nutrient reference values for adults, based on EU regulation. 2) Willis R, Anthony M, Sun L, Honse Y, Qiao G. Clinical implications of the correlation between coenzyme Q10 and vitamin B6 status. BioFactors. 1999;9(2-4):359-363. doi:10.1002/biof.5520090236 3) Nalbant NMA, Eroğlu NO. Effects of Pyrroloquinoline Quinone (PQQ) and Coenzyme Q10 on mitochondrial genes, mitomiRs and cellular properties in HepG2 cell line. Cellular and Molecular Biology. 2023;69(4):60-69. doi:10.14715/cmb/2023.69.4.9 4) Study details | Comparative single-dose bioavailability clinical study of different coenzyme Q10 products | ClinicalTrials.gov. <https://clinicaltrials.gov/study/NCT05272228?spons=Biovis&rank=1>. 5) Nalbant NMA, Eroğlu NO. Effects of Pyrroloquinoline Quinone (PQQ) and Coenzyme Q10 on mitochondrial genes, mitomiRs and cellular properties in HepG2 cell line. Cellular and Molecular Biology. 2023;69(4):60-69. doi:10.14715/cmb/2023.69.4.9 6) Vitamin B6 contributes to normal energy metabolism. Vitamin B6 contributes to the normal functioning of the nervous system. Vitamin B6 contributes to normal protein and glycogen metabolism. Vitamin B6 contributes to normal psychological function. Vitamin B6 contributes to the normal formation of red blood cells. Vitamin B6 contributes to the normal functioning of the immune system. Vitamin B6 helps reduce tiredness and fatigue.