

# Dr. Crowley's Pharmacy

## CoQ-10

Essential for energy production. Improves heart performance  
Powerful antioxidant, protecting from damage caused by harmful free radicals, regulates blood sugar levels.

The following foods are a great source of CoQ-10

### Meat

Beef Heart  
Pork Heart  
Chicken Liver  
Beef Liver  
Pork Liver  
Beef Muscle Meat  
Pork Muscle Meat  
Chicken Muscle Meat

### Fish

Mackerel  
Sardines  
Trout  
Herring  
Salmon  
Tuna

### Plant Based

Spinach  
Broccoli  
Cauliflower  
Peanuts  
Sesame Seeds  
Pistachios

When looking to obtain CoQ-10 from your diet, while there are plant based options on the list, it's ideal to choose animal based choices instead.

*"Let food be thy medicine and medicine be thy food" Hippocrates*