

Mitochondria in practice

Where the energy in a cell comes from, what the abbreviations on the label mean and what time of day to take this product. A short guide without promises.



BestLab information leaflet. A food supplement is not a medicine.

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„For years I have studied metabolic pathways in the search for longevity. The secret lies, of course, in healthy habits: the right diet, regular movement, sleep hygiene and inner calm. BestLife is a supplement that supports an everyday diet and a healthy lifestyle.“

Olga Grech

Author of the BestLife formula

1 Where the energy in a cell comes from

Inside every cell of the body sit mitochondria. This is where cellular respiration takes place, the process of turning what we have eaten into a form of energy the cell can use. That form is called ATP.

There are most mitochondria where the demand for energy is greatest: in the heart muscle, the liver, the kidneys and the skeletal muscles.

That is why, when energy comes up, people increasingly talk about mitochondria rather than another dose of caffeine. Caffeine blocks the signal of tiredness. Mitochondria actually produce the energy.

2 What the abbreviations on the label mean

The BestLife composition looks like a set of abbreviations. Below, in plain language, is what each of them is. Without promising effects, on which there is more in chapter five.

1 Coenzyme Q10 in the ubiquinol form, 100 mg

A compound occurring naturally in all cells of the body, in the highest concentration in the mitochondria. Ubiquinol is its reduced form. It is worth telling apart, because products also contain the cheaper oxidised form.

2 PQQ, or pyrroloquinoline quinone, 20 mg

An antioxidant with high activity in the mitochondria. A relatively new ingredient in supplements and noticeably more expensive than the others.

3 N-acetyl-L-carnitine, 500 mg

An acetylated form of L-carnitine, a compound produced naturally by the body. Carnitine takes part in transporting fatty acids into the mitochondria.

4 Spermidine from wheat germ, 1 mg

A polyamine present in living tissue, discovered in 1678. Here it comes from wheat germ extract standardised to 1 percent spermidine.

5 Magnesium taurate

Magnesium combined with taurine, a well absorbed form. In this product it appears in a small amount, 24 mg, so treat it as an addition to the formula rather than a source of magnesium in your diet.

3 Why the time of day matters here

This is the most important practical fact about this product and the one most often missed at the point of purchase.

Coenzyme Q10 and PQQ have a stimulating character. The manufacturer recommends plainly that on non-training days the product be taken **in the first half of the day, at the latest by early afternoon, meaning by 2 or 3 pm.**

The reason is mundane: taken in the evening it may make falling asleep harder. That is the most common reason people give up on products of this kind, when all it takes is moving the time.

The exception is pre-workout use. Then timing matters less, because the effort will use up the antioxidants and sleep problems usually do not appear.

A simple rule

- **Non-training day:** morning or by early afternoon.
- **Training day:** before exercise, at any time.
- **Never just before sleep**, unless you have checked that it does not bother you personally.

4 How to take it properly

Serving	2 capsules a day.
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When	After a meal, with plenty of water.
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Time of day	In the first half of the day, by 2 or 3 pm. Before training, any time.
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Consistency	Every day. This is not a product for occasional use.
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Pack	60 capsules, meaning 30 days of use.
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Taking it with plenty of water is not a formality. With two capsules at once and after a meal, it reduces the risk of stomach discomfort.

5 Why you will not find promises here

You will notice that this guide contains no sentences like "boosts energy" or "slows ageing". That is not an oversight but a deliberate decision, and it is worth knowing why.

In Great Britain, food supplements may only carry health claims from the official authorised list. **Coenzyme Q10, PQQ, spermidine and acetyl-L-carnitine do not have a single entry on that list.** It does not mean nobody has studied them. It means they have not been through the approval procedure.

So any seller who promises you a specific health effect from these ingredients goes beyond what the law allows. We prefer to say plainly what these ingredients are and where they come from, and leave the judgement to you.

6 Five most common mistakes

1 Taking it in the evening

Coenzyme Q10 and PQQ can make falling asleep harder. First half of the day, or before training.

2 Taking it on an empty stomach

The manufacturer recommends after a meal and with plenty of water.

3 Counting on the magnesium in this product

24 mg is not much. If you are looking for magnesium, you need a separate product.

4 Judging after a week

This is a formula for daily, long-term use, not for occasional use.

5 Treating the product as a replacement for sleep and movement

The author of the formula starts with diet, movement and sleep hygiene herself. The supplement is an addition to that, not a substitute.

7 Questions we are asked most often

What time is best to take it?

On non-training days, in the first half of the day, at the latest by early afternoon. On training days you can take it before exercise at any time.

Can it make sleeping harder?

Yes, if you take it in the evening. Coenzyme Q10 and PQQ have a stimulating character. Taken before training the problem usually does not appear.

How much magnesium is in a serving?

24 mg, meaning 6.4 percent of the nutrient reference value. It is an addition to the formula, not a source of magnesium in the diet.

How does ubiquinol differ from ordinary coenzyme Q10?

Ubiquinol is the reduced form of coenzyme Q10. Products also contain the cheaper oxidised form, which is why it is worth checking the composition.

How long does a pack last?

30 days. There are 60 capsules in the pack and the daily portion is 2 capsules.

Where are BestLab supplements made?

In Poland, in facilities meeting high quality standards. Every batch is tested in the independent JS Hamilton laboratory.

8 BestLife composition

Content per recommended daily portion, 2 capsules.

N-acetyl-L-carnitine	500 mg
Magnesium taurate	300 mg
of which magnesium	24 mg (6.4%)
Coenzyme Q10 (ubiquinol)	100 mg
Wheat germ extract, std. to 1% spermidine	100 mg
of which spermidine	1 mg
PQQ	20 mg

Capsules per pack

60, meaning 30 days

Figures in brackets are the percentage of the Nutrient Reference Value. For coenzyme Q10, PQQ, spermidine and acetyl-L-carnitine no reference value has been established. Pack contents: 60 capsules. Ingredients: N-acetyl-L-carnitine, magnesium (magnesium taurate), capsule shell: hydroxypropyl methylcellulose, coenzyme Q10 (ubiquinol), common wheat germ extract, PQQ (pyrroloquinoline quinone disodium salt).

Why we give no health claims for this product

- Coenzyme Q10, PQQ, spermidine and acetyl-L-carnitine have no authorised health claims in Great Britain.
- Magnesium does have such claims, but they may only be used from 15 percent of the nutrient reference value per portion. Here magnesium accounts for 6.4 percent, so the threshold is not reached.
- That is why we describe only what the ingredients are, not what they supposedly do. We consider this more honest than promises that cannot be defended.

A food supplement is not a medicine and must not be used as a substitute for a varied diet. A balanced diet and a healthy lifestyle are important for the functioning of the body. Do not exceed the recommended daily portion. Do not use in case of hypersensitivity to any of the ingredients. Pregnant and breastfeeding women should consult a doctor before use. Keep out of the reach of small children.

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