

## Review Haya Labs CoQ10

Ok, so let's start by saying that I have been using **co q10** for about a year and I have switched brands one reason or another. I have also been checking forums and reviews because I was wondering whether I am the minority out there to do so ..

Basically we all know it is a vitamin and it helps with **energy, immunity** and helps for ATP as well as transport of nutrients. It is also an antioxidant. For some time I tried to just eat more fish, beef, butts and grains but my appetite started decreasing and I couldn't care about cooking to be honest.

This is why I decided to consider just buying pills on the recommendation of a friend who couldn't stop talking about it. I tend to be skeptic about such stuff because I am somewhat conservative when it comes to alternative medicine or name it but I decided to give it a go.

My friend was using Now Foods so I started using them too. I was happy with them since one could keep me for a long time but one day I came home to an awful smell. It turned out that they weren't sealed well and the smell came from the bottle. I decided to use them anyways and I was bloated!!

I went online to check and saw that several people complained about it so I thought to try a new type. I saw a list of top 5 supplement companies and Jarrow Formulas was among them. The company seems reliable but I didn't like what I saw on the label. Soy? Also people were complaining about upset stomach and extreme stomach pains..

I came across some other positive reviews about a relatively new brand, **Haya Labs** **CO-Q10**, which is American I think and decided to try it. I have been using it for some time so I am cautiously optimistic. Maybe it's because it is a new brand and they need to establish themselves that they put more effort into this but I can say that I am so far satisfied with their services. I guess, this is why I decided to also let off some steam on-line.