

CardioClear7

Complete Guide

A HEALTHY HEART
SUPPLEMENT, EXPLAINED

CoQ10 100mg

PQQ 10mg

Shilajit Extract



Ingredients, CoQ10 science, reviews, and how to take it.

CardioClear7 is a once-daily heart health supplement built around **Coenzyme Q10, PQQ, and Shilajit**. This guide covers the ingredients, the science, how and when to take it, real customer reviews, and where to buy it.

Ingredients

CoQ10 100mg

Reviews

When to take

Where to buy

What you'll find in this guide

Information from heart-health basics to ingredients beneficial for heart through science, dosage, reviews, and finally, where to buy CardioClear7.

01 Why Heart Health Supplements Matter

Role of the heart and how role targeted nutrients play in a heart-healthy routine.

02 Foods high in CoQ10

Dietary sources and why supplementation can help.

03 Best CoQ10 supplements

What to look for in CoQ10, and the difference between ubiquinone and ubiquinol explained.

04 Introducing CardioClear7

What the product is, who it is for, and how it works.

05 CardioClear7 ingredients

CoQ10 100mg, PQQ, and Shilajit Extract, and why they pair well.

06 Does CardioClear7 work

How the formula is designed to support cellular energy.

07 When to take CardioClear7

Timing, food, and building a daily habit.

08 Reviews and where to buy

Customer feedback, pricing tiers, and the guarantee.

Why Heart Health Supplements Matter

Your **heart is one of the most energy-demanding organs in the body**. It works all day, every day, and every beat depends on steady energy production inside your cells.

Good news - naturally, your body makes CoQ10, a nutrient that helps support cellular energy production.

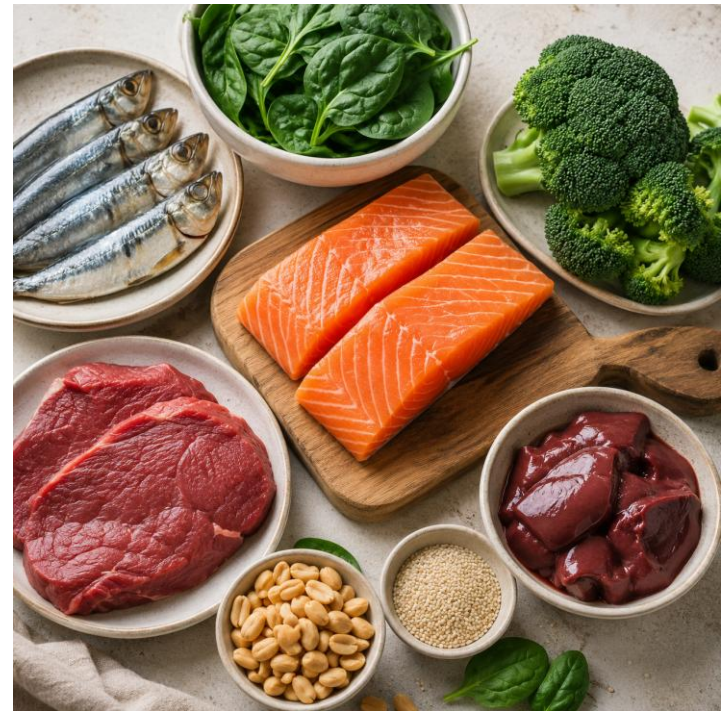
But as people age, natural CoQ10 levels may decline. That is why eating foods high in CoQ10, or choosing a CoQ10 supplement, can offer extra support.

Of course, **supplements are not meant to replace the basics: A balanced diet, regular movement, quality sleep, and routine checkups still matter.**

But a **well-formulated CoQ10 supplement** that focuses on cellular energy support can help support the body in a more targeted way.

That is the approach behind the supplement in this guide: **CardioClear7**.

Note: Supplements support daily habits and diet;; they do not replace them.



Choosing Foods high in CoQ10

You can get some CoQ10 from your diet.

These [foods high in coq10](#) are worth keeping on the menu, though amounts from food are modest.



Organ meats

Heart, liver, and kidney are the richest natural sources.

Beef heart: ~11.3 mg CoQ10 /100g
Beef liver: ~3.9 mg CoQ10 /100g



Fatty fish

Sardines, mackerel, and salmon provide CoQ10 plus omega-

3s.
Salmon, Sardine, Mackerel : ~0.5 mg to ~0.64 mg CoQ10 /100g



Muscle meats

Beef, pork, and chicken contribute smaller amounts.

Beef: ~3.1 mg CoQ10 /100g
Chicken: ~1.4 mg CoQ10 /100g



Nuts & seeds

Peanuts, sesame seeds as convenient plant-based source.

Peanut: ~2.7 mg CoQ10 /100g
Sesame Seed: ~1.8 mg CoQ10 /100g



Vegetables

Spinach, broccoli, and cauliflower offer modest amounts.

Broccoli, Spinach: ~0.6 to ~1.0 mg CoQ10 /100g



Certain oils

Soybean and canola oils contain measurable CoQ10.

Because food levels are modest and CoQ10 declines with age, many people use CoQ10 supplement, such as CardioClear7, to reach a consistent daily intake.

Choosing CoQ10 supplements: what to look for

Not all CoQ10 is the same. If you are comparing the best coq10 supplements, a few factors matter more than marketing claims.

Meaningful dose

- Look for a clear amount such as coq10 100mg per serving, not a hidden blend.

Form that suits you

- Coenzyme Q10 comes as ubiquinone or ubiquinol (more at right).

Sensible pairing

- Ingredients like PQQ or Shilajit can complement CoQ10's role.

Quality manufacturing

- cGMP certified, non-GMO, and third-party trusted facilities.

Ubiquinone or ubiquinol?

Coenzyme Q10 exists in two related forms. Both raise CoQ10 levels; the difference is mostly conversion and cost.

Ubiquinone

The oxidized, most-studied and widely used form. The body converts it to ubiquinol as needed.

Ubiquinol

The pre-converted, reduced form. Often marketed for older adults, and usually priced higher.

PRODUCT OVERVIEW

Introducing CardioClear7

CardioClear7 is a once-daily **heart health supplement** from Simple Promise, built around three ingredients chosen to work together: **CoQ10, PQQ, and Shilajit**.

CardioClear7 was formulated for adults who want a **simple, focused way to support cardiovascular health** and everyday energy. Rather than combining many loosely related ingredients, it concentrates on a **compact blend of CoQ10, PQQ, and Shilajit Extract**, each with a role in cellular energy production.

At a glance

Format	Capsules, once daily
Servings	30 per bottle (30-day supply)
Key blend	CoQ10 100mg, PQQ, Shilajit Extract
Quality	cGMP certified, non-GMO, gluten free
Guarantee	365-day money-back guarantee



Non-GMO

Gluten free

cGMP certified

365-day guarantee

Does CardioClear7 work?

A fair way to answer "does CardioClear7 work" is to look at what the ingredients are designed to do and how the formula is meant to be used.

1 Supply CoQ10

Delivers CoQ10 to top up what the body makes less of over time.

2 Support cells

CoQ10 and PQQ aids energy production inside cells.

3 Enhance effect

Shilajit is included to help CoQ10 do its job more effectively.

CardioClear7 is built on the idea that the **heart runs on cellular energy**. CoQ10 is a central part of how cells generate that energy, and levels of it naturally fall with age. By **supplying CoQ10 and pairing it with PQQ and Shilajit**, the formula aims to **support that energy-production process** rather than target a single symptom.

Ingredient research is encouraging: in studies, combining CoQ10 with Shilajit supported energy production in heart tissue more than CoQ10 on its own.

Individual results vary. Supplement works best as part of a consistent routine alongside diet.



THE FORMULA

CardioClear7 ingredients

[CardioClear7 ingredients](#) are built around three complementary nutrients. Here is what each one is and the role it plays in the blend.



CoQ10 (100mg)

Coenzyme Q10

CoQ10 helps cells produce the energy that powers the heart, and natural levels tend to decline with age.



PQQ

Pyrroloquinoline Quinone

PQQ works alongside CoQ10 in cellular energy pathways and is included to complement CoQ10's role in mitochondrial energy production.



Shilajit Extract

Mineral-rich resin

A traditional Himalayan resin included to help support the effect of CoQ10. Research suggests shilajit may enhance CoQ10's activity in cells.

Why these three together:

Shilajit and PQQ are paired with CoQ10 so the blend targets cellular energy from more than one angle, rather than relying on CoQ10 alone.

DAILY USE

When to take CardioClear7

One of the most common questions is [when to take CardioClear7](#).

The short answer: once a day, at a time you will remember, with or without food.

Once daily

Take 1 capsule per day with water. A single daily capsule keeps the routine simple.

After a meal

CardioClear7 is best taken after a meal. CoQ10 absorbs better when consumed with dietary fats.

Consistency matters

Ingredient benefits build with regular daily use over several weeks.

Tip: link your capsule to something you already do every morning, like brewing coffee, so it becomes an automatic habit!



WHAT CUSTOMERS SAY

CardioClear7 reviews

CardioClear7 reviews from customers tend to focus on **daily energy, ease of use, and sticking with it over time.**



Steady daily energy

One capsule a day and my energy stays consistent. It fits my routine and I don't think about it.

Verified customer



Simple and easy

I like that it is just one capsule with breakfast. No complicated schedule to follow.

Verified customer



Sticking with it

A few weeks in and it has become part of my morning. The 365-day guarantee made trying it easy.

Verified customer

Individual experiences vary and are not a guarantee of results. Reviews are illustrative of common themes in customer feedback.

More customer reviews at [CardioClear7 official shop page](#) >>>

CardioClear7 vs. other CoQ10 supplements

What is the best CoQ10 in the market? We compared the top 5 CoQ10 supplements based on formula, absorption, research, quality, daily usability, and what you actually pay for what you get.

Rank	Product	Score (out of 5)	Quick Decision Guide	Price / Bottle	Per day
1	Life Extension Super Ubiquinol + PQQ	4.7	The most complete stack in the ubiquinol form, with brand pedigree.	~\$40-46	~\$1.33-\$1.53
2	CardioClear7 by Simple Promise	4.6	Complete all-in-one daily formula, value, vegan and a risk-free 365-day guarantee.	\$59 (\$33 at 6-pack)	~\$1.10-\$1.97
3	Qunol Mega Ubiquinol CoQ10	4.4	Lowest cost, simple single-ingredient ubiquinol.	~\$27-33	~\$0.33
4	MicroActive CoQ10 + MicroPQQ + Shilajit	4.2	Sustained-release and vegan, for steady all-day levels.	~\$60 / 2 mo	~\$1.00
5	Thorne CoQ10 (Q-Best 100)	4.1	Practitioner-grade, verified quality, single ingredient.	~\$39	~\$0.65

Scores reflect Simple Promise's editorial assessment based on publicly available product information. Price accurate as of June 2026, based on standard retail pricing.

[READ MORE COQ10 SUPPLEMENT COMPARISON AT CARDIOCLEAR7.COM](https://cardioclear7.com)

Frequently asked questions

Short answers to the questions people ask most about CardioClear7.

Q What are the CardioClear7 ingredients?

The core blend is CoQ10 100mg, PQQ 10mg, and Shilajit Extract.

Q When should I take CardioClear7?

Take one capsule once daily. Best taken after a meal. Taking in the morning with breakfast is the easiest for most people.

Q Does CardioClear7 work?

It is designed to support the body's cellular energy production. Taking consistently matters. Result varies with individuals.

Q Is it CoQ10 ubiquinone or ubiquinol?

CardioClear7 supplies CoQ10 in the form of Ubiquinone. Regardless of forms, the body converts between them, depending on what it needs.

Q Where can I buy CardioClear7?

Order directly from [CardioClear7 official shop](#) or [Amazon](#) to ensure authenticity and the 365-day guarantee.

Q Is there a guarantee?

Yes. Every order is backed by a 365-day money-back guarantee from Simple Promise.

GET STARTED

Where to buy CardioClear7

For where to buy CardioClear7, order from the our [CardioClear7 Official Shop](#).
Buying direct protects authenticity and the money-back guarantee.

One-time purchase pricing

1 Bottle	3 Bottles	6 Bottles
\$59	\$49	\$31
/bottle	/bottle	/bottle
30-day supply	Most popular	Best value

Subscribe & Save options lower the per-bottle price further. Each bottle is a 30-day supply. Prices shown for reference; check the site for current offers.

Order from the official store

mysimplepromise.com

Buying direct guarantees a genuine product and access to the guarantee below. Avoid third-party resellers you do not recognize.

365 365-day money-back guarantee. Try it risk-free; if it is not for you, get a refund.

Sources & disclaimer

Educational disclaimer

This guide is for general educational purposes only and is not medical advice. CardioClear7 is a dietary supplement. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. Always talk with a qualified healthcare provider before starting any supplement, especially if you take medication or have a medical condition. Individual results vary.

Key references

- Official product information: cardioclear7.com and Simple Promise (mysimplepromise.com).
- Ingredient overview: Coenzyme Q10 (CoQ10 100mg), PQQ 10mg, and Shilajit Extract.
- Research theme: studies indicate Shilajit may enhance CoQ10's effect on cellular energy in heart tissue.
- Product quality: cGMP-certified facility, non-GMO, gluten free, 365-day money-back guarantee.