

# 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](#)

Educational guide · Not medical advice · See disclaimer on final page

# 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, Sardines, 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

<b>Format</b>	Capsules, once daily
<b>Servings</b>	30 per bottle (30-day supply)
<b>Key blend</b>	CoQ10 100mg, PQQ, Shilajit Extract
<b>Quality</b>	cGMP certified, non-GMO, gluten free
<b>Guarantee</b>	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

### Pyroloquinoline 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](#) >>>

COMPARISON GUIDE

# 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	<b>Complete all-in-one daily formula, value, vegan and a risk-free 365-day guarantee.</b>	<b>\$59 (\$33 at 6-pack)</b>	<b>~\$1.10-\$1.97</b>
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

<p><b>1 Bottle</b></p> <p><b>\$59</b></p> <p>/bottle</p> <p><b>30-day supply</b></p>	<p><b>3 Bottles</b></p> <p><b>\$49</b></p> <p>/bottle</p> <p><b>Most popular</b></p>	<p><b>6 Bottles</b></p> <p><b>\$31</b></p> <p>/bottle</p> <p><b>Best value</b></p>
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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](https://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](https://cardioclear7.com) and Simple Promise ([mysimplepromise.com](https://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.