

# Why Your Body Can't Live without CoQ10 And why it's especially important for your heart

## \*Importance of Supplementing CoQ-10 with Statin Drugs\*

Without CoQ10, an important and vital nutrient, your heart would stop ticking, your immune system would cease to fight infection, your muscles would turn to jelly, your liver would stop cleansing your blood and your body's machinery would stop like a car that's run out of gas.

What exactly is CoQ10? It's a coenzyme ( in fact, CoQ10 is short for Coenzyme Q10), which means that it helps enzymes program and carry-out specific chemical reactions and exponentially speed-up the chain reaction of events that make your body work. CoQ10's specific job is to move electrons around in the production of ATP, which provides fuel for your body.

Cellular levels of ATP differ, depending on the type of cell and its function. **The harder the cell works, the more ATP it needs.** So, you'll find higher levels of ATP, and therefore CoQ10, in your heart, liver, immune system, muscles etc.

ATP's primary functions are to:

- ❖ Fuel muscle contraction- especially your hardest working muscle, the heart.
- ❖ Ignite the production of billions of immune cells- which police your body and fight off infection.
- ❖ Spark and energize liver and kidney cells- to cleanse your blood of metabolic by- products and poisons.
- ❖ Propel the repair of worn-out parts and damaged cells- which causes you to live longer

CoQ10 also seems to protect the mitochondrial membrane from oxidative damage by free radicals. Why is this important? Well, as we get older, free radical damage takes it toll on the mitochondrial membrane, causing damage and loss of CoQ10

As your cells lose essential CoQ10, you begin to lose your ability to fight-off diseases associated with aging. Remember, your body needs lots of fuel to rebuild and repair itself. Supplementing with CoQ10 lets your body repair itself and thus, slows down the aging process.

Additionally, CoQ10 is involved in several other metabolic pathways- most (the notably, cell respiration (the cells' ability to "breathe"). CoQ10 seems to have the ability to cause your cells to "hold their breath longer" in periods of oxygen deprivation. This is especially important in your heart. Without oxygen, your heart cells die, your cardiac muscle is destroyed and the muscle fibers are replaced with non- functional connective tissue. With enough damage your heart will fail. The more CoQ10 is made available to heart muscle cells, the longer they can "hold their breath". When circulation is restored and cells are re-oxygenated, a salvage process occurs and damage is circumvented.

Since 1965, there has been more clinical research worldwide on this coenzyme's vital role in heart function than on any other drug manufactured by our giant pharmaceutical companies. It has been investigated in the Soviet Union, Europe, Japan and more recently, in the United States:

- Studies in rats revealed an adaptive increase in CoQ10 levels during periods of endurance exercise training. In other words, the more you train, the more energy you need and the higher your levels go.
- Studies have demonstrated a 247% increase in the production of antibodies and white blood cell activity (the infection-fighters of your body) when rats received supplements of CoQ10

- A study in 1993 of 115 heart patients verified a decrease in blood pressure, in risk of cardiac arrhythmias and in the thickness of heart muscle, leading to a decreased risk of heart attack.
- In a similar study in Texas, participants with congestive heart Failure exhibited a dramatic improvement in symptoms of Angina, arrhythmia and fatigue. 80% experienced a decrease in blood pressure.
- An Italian study of 1100 patients with heart disease or heart Failure showed significant improvement after supplementation.
- Animal studies have evidenced a strengthening of the heart During endurance training, in part because of increased levels Of CoQ10.

Don't worry about toxicity- there have been no serious side effects reported. However, if you are pregnant or breastfeeding, it's advisable to consult with your doctor before supplementing with CoQ10.

Increasing your intake of CoQ10 is an investment in your future Health. Don't expect immediate results. As always, the best medicine is preventative medicine.

## Do You Take Cholesterol Lowering Medication?

Lately, there have been numerous studies published about the group of drugs called "statins" (such as brand name drugs Lipitor, Zocor, Pravachol and Crestor) that lower cholesterol. Several of these studies have focused on how the "statins" lower the level of Coenzyme Q10 (CoQ10) in the body. The "statin" drugs that you are taking are safe and very effective in lowering cholesterol. However, it is recommended that you take CoQ10 as a supplement to your medication; CoQ10 has a history of safe use.

## We do our part to help..

If you already take the "statin" cholesterol lowering drugs ( Lipitor, Zocor, Pravachol and Crestor), With your doctor's approval we will supply you pharmaceutical grade Co-Q10 combined with your medication into an easy to swallow capsule at no additional charge to you.