

DESCRIPTION:

Coenzyme Q10, also known as ubiquinone, is a micronutrient essential to all human life. This naturally-occurring nutrient is a co-factor in the body's electron transport system from which all of the body's energy is derived. Coenzyme Q10 is essential in helping the body produce energy at the cellular level where it regulates the intake of oxygen. This supplies the very "spark of life" that creates the required energy for all human cells. Without sufficient Coenzyme Q10 we would not have enough energy to survive.

A decline or disruption in the body's Coenzyme Q10 levels can lead to illness. For example, Dr. Karl Folkers says that when Coenzyme Q10 levels drop below 75% (a 25% deficiency) we may become ill, and when levels drop below 25% (a 75% deficiency) death occurs. Additionally, statistical data shows that low Coenzyme Q10 values can lead to death within six months.¹ Most people become deficient in Coenzyme Q10 during times of illness, environmental stress or aging. By the time we reach 60 years of age nearly 75% of our Coenzyme Q10 levels are depleted. However, dietary supplementation helps restore useful levels of this vital nutrient.^{2,3}

60 capsules per bottle

One capsule provides:

Coenzyme Q10 100 mg
(Pharmaceutical Grade)

Other ingredients: gelatin (capsule), silica and magnesium stearate.

ACTIVES:

EFFECTS OF DRUGS ON CO-Q10 LEVELS

It is well known that statin drugs reduce co-enzyme Q10 levels. In Canada all statin drugs require warnings that the drugs reduce the levels. Dr. Julian Whitaker, MD and the author of *Health and Healing* states that for those taking statin drugs, "it is imperative that you also take at least 200 mg of co-enzyme Q10 a day to counter the inevitable depletions these drugs cause." Cholesterol lowering drugs such as lovastatin and pravastatin inhibit the enzyme 3-hydroxy-3-methyl glutaryl (HMG)-CoA reductase, which is required for synthesis of both cholesterol and CoQ10. These drugs may also compromise CoQ10 status.

Also, the beta-blockers propranolol and metoprolol inhibit CoQ10-dependent enzymes, and phenothiazines and tricyclic antidepressants have also been shown to inhibit CoQ10-dependent enzymes.⁴

CO-Q10 AND CARDIOVASCULAR DISEASE

CoQ10 is especially indicated for the enhancement of myocardial function by enhancing energy production, improving contractility of the cardiac muscle, and providing potent antioxidant activity, particularly by preventing low-density lipoprotein (LDL) oxidation. Specific cardiac problems that may be ameliorated with CoQ10 include cardiomyopathy, congestive heart failure, angina pectoris, arrhythmias, mitral valve prolapse, and hypertension.⁴

A review of over 67 clinical studies involving hundreds of individuals taking Co-Q10 has substantiated its use in heart muscle disease, arrhythmias, and strokes. In one study, Co-Q10 significantly improved the survival rate of cardiomyopathy patients and compared favorable to more traditional medical treatments involving the use of drugs. Co-Q10 has also shown promise in reducing blood viscosity in patients with ischemic heart disease and in decreasing the formation of lipid peroxidation.

Twenty-five patients suffering from essential hypertension were given supplemental Co-Q10 at a dosage of 60 mg per day for a period of eight weeks. The results showed a highly significant decrease in blood pressure with a majority demonstrating a mean blood pressure reduction of 10% or more.

CO-Q10 AND IMMUNE FUNCTION

Co-Q10 has been shown to aid the immune system by increasing phagocytic activity of macrophages and thus their ability to attack foreign organisms in the body. One study indicated that supplementation with Co-Q10 significantly enhanced levels of immunoglobulins in the blood.

CLINICAL INDICATIONS:

- Cardiovascular Disease • Hypertension
- Arrhythmias • Periodontal Gum Disease
- Immune Support • Low stamina & endurance
- CoQ10 Deficiencies (statin drugs, beta blockers, tricyclic antidepressants)

SUGGESTED USAGE: Adults take 1-3 capsules daily or as directed by a physician.

CONTRAINDICATIONS: None Known

DRUG INTERACTIONS:

There is one report of CoQ10 decreasing the effectiveness of warfarin. No others known.

REFERENCES:

1. *Clin. Investig.*, 1993, 71 (8 Suppl.) pp. 137-9.
2. *Journal of Medicine*, Vol. 9, No. 4, pp. 337-346, 1978.
3. Proceedings of the 4th Int. Congress of Immunology, Paris, France, July 1980.
4. *Women's Health Alt. Medicine Report*. 1(10): 1, 4 1999. Mary Ann Liebert, Inc.
5. Weber C, Bysted A, Holmer G. "Intestinal absorption of coenzyme Q10 administered in a meal or as capsules to healthy subjects." *Nutr. Res.* 17:941-945, 1997.
6. Weis M, Mortensen SA, Rassing MR, et al. Bioavailability of four oral coenzyme Q10 formulations in healthy volunteers. *Mol Aspects Med* 15 (suppl): S273-S280, 1994.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent disease.