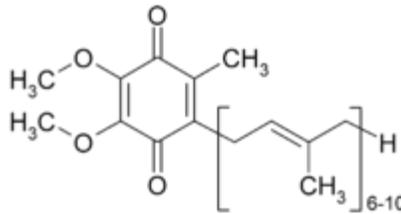


# Benefits of CoQ10



## What is CoQ10?

Coenzyme Q10 (or CoQ10) is a natural chemical compound that we make in our bodies and consume in our diets, primarily from oily fish, organ meats such as liver, and whole grains.

It resides in the energy-producing part of cells and is involved with producing a key molecule known as adenosine-5-triphosphate (or ATP).

ATP is a cell's major energy source and it contributes to several important biological processes, such as the production of protein, and muscle contraction.

## Why is CoQ10 important?

CoQ10 has the potential to vastly improve human health. It can help you combat fatigue, for example, as well as obesity, and a weak immune system (particularly for those with HIV, other viruses, and yeast infections).

It helps boost athletic performance (CoQ10 levels are low in people who exercise excessively), and it improves exercise tolerance in people with muscular dystrophy.

It also prevents toxin overload, and swollen gums (those with periodontal disease tend to have low levels of CoQ10 in their gums). Early studies show it may also increase sperm motility, leading to enhanced fertility. It's all in a day's work for CoQ10!

## What's the importance of COQ10 for heart disease?

The American Chemical Society's most prestigious honour, the Priestley Medal, was awarded to Karl Folkers, Ph.D., for his landmark Coenzyme Q10 (CoQ10) research. That's because Folkers found that in addition to the benefits listed above, CoQ10's most valuable role may lie in fighting heart disease.

In fact, he says he found the blood levels of CoQ10 to be significantly lower in heart-disease patients than in those who were disease free, and he discovered that 70 percent of his heart patients with congestive heart failure benefited from taking CoQ10.

Eminent heart surgeon Denton Cooley, M.D., agrees. He says that in heart biopsies, he found 75 percent of his cardiac patients had varying, but significant, deficiencies of CoQ10. Reports by over a hundred Japanese cardiac specialists who gave CoQ10 to thousands of patients with heart problems for nearly ten years also seemed to support these findings.

## *Additional benefits of CoQ10*

Not only that, but several studies with small numbers of people suggest that CoQ10 may lower blood pressure after a few weeks, and it might help to prevent some of the heart damage caused by chemotherapy.

Introducing CoQ10 before heart surgery may reduce the damage caused by free radicals and oxidative damage, as well as lowering the incidence of irregular heart beat, and strengthening heart function during recovery.

## *Interesting effects on cholesterol lowering drugs*

CoQ10 levels tend to be lower in people with a high cholesterol count, compared with healthy individuals of the same age.

What's more, certain cholesterol-lowering drugs (statins such as cerivastatin, atorvastatin, pravastatin simvastatin and lovastatin) seem to reduce the natural levels of CoQ10 in the body.

Taking CoQ10 supplements can correct the deficiency caused by statins, without changing the medication's positive effects on cholesterol levels.

As a result of its beneficial effects on one of the body's most important organs, Folkers calls CoQ10 "a natural and essential co-factor in the heart."

## *CoQ10 and diabetes*

Of course, managing cholesterol levels, helping the circulatory system, blood sugar levels and heart health is particularly important for diabetics, and CoQ10 supplements may be a help to them.

Despite concern that CoQ10 may cause a sudden drop in blood sugar, two recent studies of people with diabetes given CoQ10 twice a day showed they experienced no hypoglycemic response. If you're diabetic, talk to your doctor about how you can safely take CoQ10.

## *CoQ10 for Alzheimers and cancer*

Now, scientists are hoping its effects on the heart, blood systems, and tissue toxicity means CoQ10 can soon be used as part of a treatment program for Alzheimer's disease, and for recovery from stroke. They're also hopeful about the possibility of using it as part of a treatment regimen for women with breast cancer (together with conventional treatment and a nutritional program involving high levels of other antioxidants and fatty acids).

## *How does CoQ10 perform all these roles?*

So how does it do it? Researchers think it may all be possible on account of CoQ10's ability to inhibit blood clot formation, improve energy production in cells, and act as an antioxidant.

Antioxidants are substances that hunt for free radicals and escort them out of the body, which prevents the free radicals causing oxidative damage to cell membranes and DNA when they accumulate in the tissues and blood as a result of

pollution, UV light, cigarette smoking, and as a by-product of normal metabolic processes.

Free radicals cause us to age more quickly, and they contribute to a number of health problems including heart disease and cancer.

### Helping the fight against free radicals

Antioxidants such as CoQ10 can neutralize free radicals and may reduce or even help prevent some of the damage they cause.

CoQ10 may have found its perfect partner in another potent antioxidant: vitamin E. Together they are the principle fat-soluble antioxidants in cells, and CoQ10 may help vitamin E act more effectively in the body.

Another friend of CoQ10 is the spectacular antioxidant dihydrolipoic acid (DHLA). It's unique in its ability to zap every known free radical that occurs in living tissue; it's also readily absorbed and has a very low toxicity.

Its talents make it a valuable resource in combating the free radical damage associated with Alzheimer's disease, for example, as well as Parkinson's disease, and other degenerative brain conditions. CoQ10 may not work as effectively alone, so to take advantage of its enormously helpful health benefits, be sure to combine your good quality supplements with a healthy diet, stress reduction techniques, and responsible levels of exercise. Enjoy!

<b>:: COENZYME Q10 BENEFITS &amp; FUNCTIONS</b>	
1.	vital to make energy needed for cells to grow normally and stay healthy, and for the basic functioning of every cell
2.	powerful antioxidant
3.	vital for effectiveness of the immune system and anti-aging
4.	works with, and protects vitamin E in the body from damage
5.	helps cancer prevention and treatment, and lowers rate of recurrence, due to antioxidant activity and ability to boost the immune system
6.	may reduce side effects of chemotherapy
7.	some data supports its use in treatment of kidney or renal failure
8.	may lower and stabilize blood sugar

9.	studies of muscular dystrophy patients on CoQ10 supplementation show improved heart function, mobility, and quality of life
10.	widely used for heart-related conditions such as clogged heart arteries, mitral valve prolapse, heart attack, angina, arrhythmia, and congestive heart failure, to protect against oxidative damage and so prevent cardiovascular disease
11.	may help improve heart function after major heart surgery when given to the patients before and during surgery
12.	research indicates that it lowers high blood pressure (hypertension)
13.	reduces many adverse side effects of the beta blocker prescription drugs used in treatment of high blood pressure
14.	reduces adverse effects of cholesterol-lowering statin drugs
15.	CoQ10 supplements have shown promise in treating anomalies of brain function related to schizophrenia and Alzheimer's (but not curing it)
16.	promising results have been seen when used for Parkinson's disease
17.	evidence that it alleviates or prevents migraine
18.	initial studies show may relieve symptoms of chronic fatigue syndrome
19.	anti-histaminine abilities helps it to alleviate allergies and asthma
20.	early research shows promise in treatment of periodontal (gum) disease
21.	protects the stomach lining, and may help prevent and heal stomach (gastric) and duodenal ulcers
22.	may relieve candidiasis (yeast infection or thrush)
23.	initial evidence that CoQ10 helps increase sperm count and motility
24.	has shown promising results in enhancing the well-being and life span of AIDS patients by boosting their immunity (CoQ10 levels appear to be low in those with HIV)
::	<b>Coenzyme Q10 Deficiency Symptoms</b>
1.	gum or periodontal disease

2.	low coQ10 levels have been found in people with high blood pressure
3.	arteriosclerosis / atherosclerosis (hardening / narrowing of the arteries)
4.	heart problems like angina, arrhythmia, congestive heart failure
5.	stomach (gastric) or duodenal ulcers
6.	high blood sugar
7.	kidney or renal failure
8.	weak immune system leading to susceptibility to infections
9.	low coQ10 levels have been found in patients with cancers of the head, neck, lung, breast, pancreas, kidney, prostate, colon, white blood cells (myeloma) and immune system (lymphoma)

## **Some Testimonials in Support of Coenzyme Q10**

“New and revolutionary treatments of disease, particularly where there has been no treatment of intrinsic biochemical significance, have generally been believable to a few persons and unbelievable and even ridiculous to others before proof of efficacy....Revolutionary therapy has always been so and perhaps always shall be, but such is the nature of true discovery. It appears that the bioenergetics of CoQ10 is remarkable and its potential in medicine is no exception to the history of controversial advances in medicine.”

**Folkers, PhD, Researcher**

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“It is unthinkable for me to practice good cardiology without the help of Coenzyme Q10. And, for the thousands of people with cardiac conditions so severe that they need a heart transplant, CoQ10 may be a suitable alternative that not only enhances the quality of life, but extends survival as well.”

**Stephen Sinatra, MD, FACC, Cardiologist & Author, *The Coenzyme Q10 Phenomenon***

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“Energy is life, and CoQ is a crucial component of the energy cycle and therefore of life itself”

**Emile Bliznakov, MD Researcher and Gerald Hunt, co-authors, *The Miracle Nutrient: Coenzyme Q10***

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“It’s (Coenzyme Q10) a heart medicine used around the world, and if your doctor doesn’t know about it, you can easily get it on your own; it could save your life.”

**Jean Carper, Author of best-seller *Miracle Cures***

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“CoQ10 is an essential element of food that can now be used medically. So if CoQ10 is so good, why don’t more doctors use it?” The answer to the question is found in the fields of politics and marketing and not in the fields of science and medicine. The controversy surrounding CoQ10 is political and economic, as the previous 30 years of research on CoQ10 have been remarkably consistent and free of major controversy. Although it is not the first time that a fundamental and clinically important discovery has come about without the backing of a pharmaceutical company, it is the first such discovery to so radically alter how physicians must view disease. While the pharmaceutical industry does a good job at physician and patient education on their new products, the distributors of CoQ10 are not as effective at this.”

**Peter Langsjoen, MD, Cardiologist**

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“Studies show that most people with congestive heart failure have a deficiency of CoQ10 in their heart muscle. The lower the levels, the worse the congestive heart failure. But studies also show that patients who were supposed to die 15 years ago from congestive heart failure are still alive today primarily because of taking Coenzyme Q10 daily.”

**William Lee Cowden, MD, Cardiologist**

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“Coenzyme Q10 is an amazing natural substance with far reaching therapeutic potential...it should be used more extensively in the treatment of patients.”

**Michael Schachter, MD, FACAM**

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“Deficiencies of CoQ10 have been documented in patients with heart disease. Administration of CoQ10 ameliorated symptoms, reduced the number of hospitalizations and appeared to decrease the number of anginal attacks in patients with angina pectoris.”

**Alan Gaby, MD**

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“I also recommend it (CoQ10) for patients on cholesterol-lowering medications. The HMG-CoA reductase inhibitors that block production of cholesterol in the liver also block the body’s natural production of CoQ10. Adverse effects include myopathy, muscle weakness and tiredness. When a patient has one of these medications prescribed, we also suggest he supplement his diet with CoQ10.”

**John J. Herr, RPh, Pharmacist**

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“In one case, I went to see a newborn diagnosed with cardiomyopathy. I asked the attending doctor if he tried coenzyme Q10 or carnitine. He said that he had read about their effects but would not use either. With the family’s permission, I treated the baby with these supplements...The baby recovered without the heart transplant surgery that was being recommended by the university medical center.”

**Gary Gordon, MD, DO**

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