

CoQ10



Essential for Heart Health, Immune Function, and Overall Wellness

THIS INFORMATION IS PROVIDED FOR THE USE OF PHYSICIANS AND OTHER LICENSED HEALTH CARE PRACTITIONERS ONLY. THIS INFORMATION IS INTENDED FOR PHYSICIANS AND OTHER LICENSED HEALTH CARE PROVIDERS TO USE AS A BASIS FOR DETERMINING WHETHER OR NOT TO RECOMMEND THESE PRODUCTS TO THEIR PATIENTS. THIS MEDICAL AND SCIENTIFIC INFORMATION IS NOT FOR USE BY CONSUMERS. THE DIETARY SUPPLEMENT PRODUCTS OFFERED BY DESIGNS FOR HEALTH ARE NOT INTENDED FOR USE BY CONSUMERS AS A MEANS TO CURE, TREAT, PREVENT, DIAGNOSE, OR MITIGATE ANY DISEASE OR OTHER MEDICAL CONDITION.

COQ10: ESSENTIAL FOR ENERGY

Coenzyme Q10 (CoQ10) is a nutrient that is essential for the body to turn food into energy. CoQ10's role is similar to that of a spark plug in a car engine. Just as the car cannot function without the initial spark, the human body cannot function without CoQ10. Unfortunately, CoQ10 levels can decline with advancing age. Although CoQ10 is found in all plant and animal sources, optimal doses cannot be achieved through common diets. Organ meats are the richest source of CoQ10, but few eat these foods regularly. Supplementation is therefore needed to achieve optimal CoQ10 levels.

SUPPORTING HEART HEALTH

CoQ10 is one of the most important nutrients for maintaining the health of the heart. The heart contains twice as much CoQ10 as any other organ or tissue in the body. CoQ10 is needed for the heart to keep up its constant production of energy. CoQ10 can even help heal the hearts of those slated for heart transplants so that they no longer need them.¹ A wide range of heart conditions benefit from CoQ10 supplementation, including angina, mitral valve prolapse, and perhaps cardiomyopathies and congestive heart failure. Paradoxically, medications thought to promote heart health may lower CoQ10 levels. Lovastatin can decrease levels of CoQ10, sometimes to the point of leading to heart and liver damage.² Those on statin medications should supplement with CoQ10.

LOWERING BLOOD PRESSURE

One hundred milligrams of CoQ10 per day has been found to lower blood pressure while also raising protective HDL cholesterol and lowering total cholesterol.³

ENHANCING IMMUNE FUNCTION

Studies indicate CoQ10 may have dramatic immune-enhancing effects. Older adults as well as those with HIV in particular may benefit from CoQ10.⁴

PROMOTING GUM HEALTH

CoQ10 may help those with periodontal disease heal their gums more quickly. Topical application of CoQ10 may be more effective than taking it orally.⁵

SUPPORTING CANCER PATIENTS

Cancer patients taking chemotherapy drugs that are associated with heart toxicity such as adriamycin should consider CoQ10 because it can reduce the toxicity of these drugs. One human study suggested that 390 mg of CoQ10 per day may help support overall wellness and recovery in those with breast cancer.⁶

SUPPLEMENT SUGGESTIONS FOR COQ10:

The therapeutic dosage range of CoQ10 is 30 to 400 mg per day. Consuming CoQ10 with an oil or fat improves absorption unless you buy a supplement that provides the fat source along with the CoQ10. If you are taking any medications, or are using CoQ10 to help with any health condition, take it with the guidance of your health care practitioner.

References

1. Folkers, K., P. Langsjoen, and P.H. Langsjoen, Therapy with coenzyme Q10 of patients in heart failure who are eligible or ineligible for a transplant. *Biochem Biophys Res Commun*, 1992. 182(1): p. 247-53.
2. Folkers, K., et al., Lovastatin decreases coenzyme Q levels in humans. *Proc Natl Acad Sci U S A*, 1990. 87(22): p. 8931-4.
3. Digiesi, V., et al., Coenzyme Q10 in essential hypertension. *Mol Aspects Med*, 1994. 15(Suppl): p. s257-63.
4. Folkers, K., et al., Coenzyme Q10 increases T4/T8 ratios of lymphocytes in ordinary subjects and relevance to patients having the AIDS related complex. *Biochem Biophys Res Commun*, 1991. 176(2): p. 786-91.
5. Hanioka, T., et al., Effect of topical application of coenzyme Q10 on adult periodontitis. *Mol Aspects Med*, 1994. 15(Suppl): p. s241-8.
6. Lockwood, K., et al., Progress on therapy of breast cancer with vitamin Q10 and the regression of metastases. *Biochem Biophys Res Commun*, 1995. 212(1): p. 172-7.
7. Shults CW, Oakes D, Kiebertz K, et al. Effects of coenzyme Q10 in early Parkinson disease: evidence of slowing of the functional decline. *Arch Neurol*. 2002 Oct;59(10):1541-50.

Benefits of CoQ10

- Promotes Heart Health
- Lowers Blood Pressure
- Inhibits Cholesterol Oxidation
- Helps Periodontal Disease
- Enhances Immune Function
- Parkinson's Disease⁷

To place an order, or for more information, please call us at (800) 847-8302, or visit us on the web at www.designsforhealth.com