

## CoQ10 Enhanced with Brewer's Yeast

**30 mg, 100 capsules**

Item Catalog Number: 00208

The mitochondria are the cells' energy powerhouses, and coenzyme Q10 (CoQ10) is an essential component of healthy mitochondrial function.<sup>2</sup>

CoQ10 is required to convert fats and sugars into cellular energy, yet the natural production of CoQ10 declines precipitously with advancing age.<sup>3</sup> When the body has an ample amount of CoQ10 the mitochondria can work most efficiently throughout the entire body including the most densely populated area, the heart.<sup>4</sup> CoQ10 is also a potent antioxidant, helping protect the proteins, lipids and DNA of mitochondria from oxidation, and supporting mitochondrial function.<sup>5</sup>

More humans are supplementing with coenzyme Q10 than ever before. One reason is the increased awareness that the "statin" drugs used to lower LDL and cholesterol deplete the body of CoQ10. What most doctors don't know, however, is that normal aging may result in more of a reduction in CoQ10 than taking statin drugs. For example, while statin drugs have been shown to reduce plasma CoQ10 by 40%,<sup>6</sup> the aging process reduces CoQ10 levels in the heart muscle wall by 72%.<sup>7</sup> What is particularly frightening is the thought of people taking statin drugs who fail to supplement with CoQ10. The CoQ10 deficit caused by the dual affects of aging<sup>8</sup> and statin drug use could result in severe depletion of cellular vitality.<sup>6</sup>

## References

### Supplement Facts

Serving Size 1 capsule

Servings Per Container 100

#### Amount Per Serving

Coenzyme Q10	30 mg
Ribonucleic acid (RNA) / Deoxyribonucleic acid (DNA) (yeast derived)	1 mg
Brewer's yeast	5 mg

Other ingredients: gelatin, water, rice flour, magnesium stearate.

Contains wheat. Contains yeast, gluten, and rice. This product contains NO milk, egg, fish, peanuts, crustacean shellfish (lobster, crab, shrimp), soybeans, tree nuts, or corn. Contains NO sugar, and no artificial sweeteners, flavors, colors, or preservatives.

## Dosage and Use

- Take one capsule, one to three times daily, with meals, or as recommended by a healthcare practitioner.

## Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

taking any medication, or if you have or suspect you might have a health problem. You should not stop taking any medication without first consulting your physician.