

Coenzyme Q10 and its Benefits

DID YOU KNOW?

- Ideally Co-Q10 should be taken with food to enhance absorption.
- Doctors commonly prescribe Co-Q10 to treat heart disease in Japan, Sweden, Italy, and other countries.
- Supplemental antioxidants such as selenium and vitamin E also work well with Co-Q10.

LATEST FINDINGS

A six-year study at the University of Texas found a 75 percent survival rate among congestive heart-failure patients who took Co-Q10 while undergoing conventional therapy. This is compared with a 25 percent survival rate for those receiving just traditional therapy.

SHOPPING HINTS

- Not all Co-Q10 products are the same. Of the two main sources of Co-Q10 — tobacco and beets — the higher quality Co-Q10 is derived from beet fermentation.
- Peer testing has availed that some products contain only a fraction of Co-Q10 and others are very true to label claims. Make sure to buy a brand you can trust, and buy it from your local health food store. A supplier with documentation of human clinical trials conducted on the Co-Q10 product is one way to make certain that proper quality control has been pursued.
- Look for Co-Q10 in an oil based form. Because it is a fat-soluble compound, this nutrient is best presented when stabilized in the appropriate combination of lipids.

SAFETY

Co-Q10 is remarkably safe, even at high doses over a long period of time. However, consult with a nutritionally oriented health professional before supplementing if you are taking prescription blood thinners, such as Coumadin. Until more information is available, it may be wise to be cautious with Co-Q10 during pregnancy.

Coenzyme Q10 is a naturally occurring substance found in humans, plants and animals. Present in every cell in the body, this coenzyme is responsible for the production of almost all cellular energy and, therefore, for good health and survival. Research has shown that coenzyme Q10 can provide relief from cardiovascular disease, diabetes, hypertension, obesity, and soft tissue disease, in addition to stimulating the immune system and slowing the aging process. Because Co-Q10 is a fat soluble molecule, absorption is somewhat improved when the Co-Q10 supplement is taken with meals. For optimal results though, an oil-based Co-Q10 supplements, such as Co-Q10 SoftGels by Probuilt Naturals, is more bioavailable to the human body than the dry powdered version or the water-soluble gel versions of Co-Q10. Clinical results are available on Probuilt's proprietary oil-based formula.

HOW IT WORKS AND WHY IT CAN BENEFIT YOU

The primary function of Co-Q10 is as a catalyst for metabolism — the complex chain of chemical reactions during which food is broken down into packets of energy that the body can use. Acting in conjunction with enzymes (hence the name "coenzyme"), the compound speeds up the vital metabolic process, providing the energy that the cells need to digest food, heal wounds, maintain healthy muscles, sustain a strong immune system, and perform countless other bodily functions. Co-Q10 is also a super antioxidant. If the oxygen in our cells doesn't burn properly, damaging free radicals (abnormal oxygen molecules) are formed. Without Co-Q10, various mechanisms in the body begin to fail, exposing us to a host of major medical problems.

WHY WE NEED IT AS WE AGE

Although we need it to stay alive, scientists have found that as we get older, our body slows in producing Coenzyme Q10. As these levels decline, health problems appear — yet research demonstrates that these problems can be prevented or reversed when supplementing with Co-Q10, thereby restoring optimal levels in our bodies.

HEART / CARDIOVASCULAR BENEFITS

Co-Q10 is abundant in the human heart. This makes sense because the heart has such high energy demands. Numerous studies have shown the positive effects Co-Q10 has on the entire cardiovascular system, including the heart muscle. Studies indicate that patients with a poorly functioning heart have been found to improve greatly after adding the supplement to their conventional drugs and therapies. Other studies have shown that the people that do have cardiovascular disease have low levels of this substance in their heart. Further research suggests

that Co-Q10 may help protect against blood clots, lower high blood pressure, diminish irregular heart beats, treat mitral valve prolapse, help improve circulation to the extremities, and relieve chest pains (angina).

OTHER BENEFITS

The intense focus of international clinical studies, Co-Q10 continues to amaze researchers at its ability to improve so many varied health conditions, especially as we age. Studies indicate that Co-Q10 is successful in treating soft tissue damage including gum disease and possibly cellulite. The supplement shows promise against Parkinson's and Alzheimer's diseases and fibromyalgia. Certain practitioners believe the nutrient helps stabilize blood sugar levels in people with diabetes. Other evidence demonstrates its effectiveness in combating chronic fatigue syndrome, revitalizing the failing muscles of muscular dystrophy victims, enhancing energy levels, and bolstering a weak immune system.

DOSAGE

The general dosage is 60 mg one to two times daily. Some may even take up to 300 mg per day for therapeutic purposes.

SUPERIOR CO-Q10 SUPPLEMENT

Is it possible to make a good product better? Absolutely. Co-Q10 SoftGels by Probuilt Naturals, a proprietary oil based formula, which includes rice bran oil, natural sourced vitamin E oil and beta carotene, takes Co-Q10 to another level. As a fat-soluble nutrient Co-Q10 needs the proper dietary fat to be effectively absorbed. Probuilt's proprietary oil based formula works in your cells' natural lipid environment, bringing Co-Q10 into your body the way nature intended, thereby enhancing recognition and absorption. In fact, Co-Q10 SoftGels by Probuilt Naturals and its' proprietary process is supported by human clinical trials as having an absorption rate up to 300% higher than conventional dry powder Co-Q10 supplements. In addition, Probuilt makes certain that the precision fermentation process used in producing Co-Q10 is performed only on top quality organic beets. Therefore, to ensure you receive the best quality Co-Q10 money can buy, reach for Probuilt Naturals Co-Q10 SoftGels — the product clinically proven to be superior to the competitions dry powder form of Co-Q10.

For **clinical results** on Probuilt Naturals Co-Q10 SoftGels, contact your local health food store or call Probuilt toll free at 1-87-PROBUILT/1-877-762-8458.

Co-Q10 SoftGels by Probuilt Naturals is only sold through fine health food stores.



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