

CONSUMER Health ALERT!



NUTRITIONAL FRONTIERS

COENZYME Q10

Coenzyme Q10, also called CoQ10, is a vital nutrient for the formation of ATP, the basic energy molecule. Found mainly in the mitochondria, CoQ10 plays a role in the electron transport chain and cellular aerobic respiration, generating ATP.

CoQ10 possesses antioxidant activity since it readily gives up electrons. It prevents lipids & proteins both from being oxidized and also regenerates vitamin E.

CoQ10 supports cardiovascular health. CoQ10 prevents oxidation of LDL. Oxidation of LDL may play a role in the development of atherosclerosis. CoQ10 has also been shown to reduce blood pressure, reduce complications after a heart attack, and improve angina, congestive heart failure, and cardiomyopathy.

Other benefits of CoQ10 supplementation include benefits to periodontal health, carbohydrate metabolism, stamina, migraines, & early Parkinson's disease. CoQ10 is a fat-soluble substance and is best absorbed when taken with food.

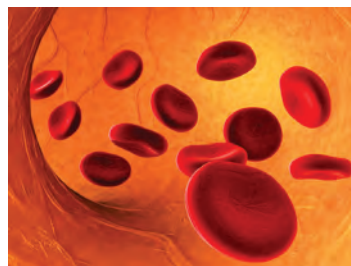
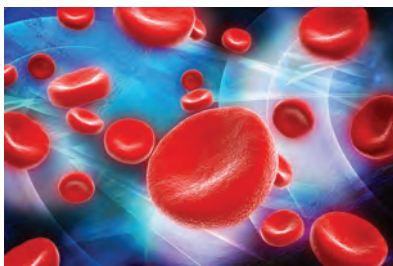
Nutritional Frontiers offers 4 different CoQ10 delivery systems

- **Power Q-** chewable wafer with 100 mg CoQ10
- **Power Q 600-** chewable wafer with:
300 mg CoQ10 & 300 mg DMG
- **Power Q-NOL(ubiquinol)** liquid filled capsule with 100 mg CoQ10
- **Power Q- gel -** 100 mg CoQ10 softgel

Coenzyme Q10 & Statin Drugs (Lipitor, etc.)

The cholesterol lowering drugs called statins block CoQ10 production in the body. CoQ10 is made within the body via the same pathway as cholesterol. Statin drugs inhibit the enzyme HMG CoA reductase, the very enzyme used in the synthesis of both cholesterol and CoQ10.

Lipitor and other statins have been shown to be the cause of a 40% reduction in the levels of CoQ10! There is much to be gained and little to risk in supplementing at least 100 mg CoQ10 in anyone who is taking a statin drug like Lipitor, Crestor, Zocor, Mevacor, Vytorin, etc. (These drugs are also called atorvastatin, rosuvastatin, simvastatin, lovastatin.)



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