

## Cholesterol Reduction and Heart Health Increase Energy and Heart Health Naturally

### CoQ10

- Helps to keep every cell working properly and to stay young.
- Functions to protect every cell against the destructive effects of ageing (free radical processes-cancer producers).
- Every cell in the body requires a steady supply to produce ENERGY (mitochondrial function).
- Jump starts the immune system, so you can fight back against every day common colds and illnesses.
- Shown to reduce blood pressure in people with hypertension by reducing resistance to blood flow.

### CoQ10 Produced in the Body vs Supplementation

- Healthy body making its own CoQ10 is easier said than done, there are 17 separate steps and requires optimal levels of Vitamin B2, 3, 5, 6, 12, Folate, Vitamin C, and several trace elements.
- CoQ10 is one of the most important molecules in **HEART** muscle, Lungs, and Liver.
- CoQ10 levels peak in early 20's around 500mg produced daily, decreasing by ½ in the eighth decade of life.
- In United State we consumes less than 5mg CoQ10 per day!
- ***Without CoQ10 cells DIE!!***

### What should be my daily intake of CoQ10? – \*\*\*\*30 – 120mg per day\*\*\*\*

- Preventative dosing often ranges from \*30-120mg per day,\* with therapeutic dosing as high as 3000mg daily.
- **Quality Matters:** We use pharmaceutical grade purity with our supplements which guarantees that each capsule has the ingredients that are stated on outside of the bottle. These supplements are tested for purity.
- Not all equal - Emulsification process increases absorption factor by 3-5 fold

### Monitor

- Patients taking blood thinning drugs (Warfarin, Coumadin, etc) should have your blood clotting (scabbing) time monitored closely, as CoQ10 increases Warfarin efficiency. This may allow your M.D. to lower your blood thinning drugs dose.

### STATIN DRUG SIDE EFFECTS

- Statin Drugs (Cholesterol Lowering Medications) - Lipitor, Zocor, Pravochol, Crestor, Lescol, Mevacor, Vytorin, not only inhibit the enzymes involved in cholesterol production, they also inhibit the production of **CoQ10**. These drugs Reduced **CoQ10** in circulation by ½ with in 14 days
- Decrease **CoQ10** levels with cholesterol medications is so serious Canada has mandated official warnings be placed on cholesterol medications in regards to CoQ10 depletion.
- Recommendations in Canada: all patients taking cholesterol medication are prescribed CoQ10 in addition to the medication.

### Chole Rx Supplement - \*\*\*\*1 capsule in the morning and 1 capsule in the evening per day\*\*\*\*

- Formula provides natural support for maintaining healthy blood lipid levels.
- Chole Rx contains Policosanol which is used to natural lower (bad) LDL cholesterol and increase (good) HDL cholesterol and to help prevent hardening of arteries (atherosclerosis).
- Results from the clinical studies involving nearly 30,000 total patients clearly demonstrated that Policosanol is overall the best answer to high cholesterol levels in comparison to any natural supplements or drugs.

**\*\*\*\*\*If you already take cholesterol medication, please supplement your daily diet with CoQ10, and speak with your cardiologist about a time frame in which you can expect to reduce your dose and eventually stop taking it altogether.\*\*\*\*\***

### **Simple Steps to Lower Cholesterol and Lose Weight**

1. Eat raw almonds – Eat a handful or raw almonds every day (1.5 oz or 30 almonds per day). Roasted and candied varieties DO NOT COUNT!!
2. Supplement 2 grams of DHA/EPA (Omega-3 Fatty Acids) daily which are anti-inflammatory.
3. Eat apples – Eat at least one apple every day. Lots of fiber and anti-aging chemicals.
4. Eat vegetables – Fresh, not canned, and organic is more beneficial.
5. Eat fresh or raw garlic – can even supplement 1000mg of garlic tablets daily.
6. Increase exercise to at least 30 minutes a day.
7. Eat eggs with Omega-3's added to the birds' feed (Example Brands: Egglands Best, Humane Harvest, Veg-A-Feed, etc). Also, look for free range eggs and or local organic eggs.

### **Questions For Your Cardiologist**

1. “Don’t Statin drugs cause heart failure in many people?” “Cholesterol lowering Statin drug (Lipitor, Mevacor, Zocor, Crestor, etc.). My understanding is these drugs deplete an important substance called CoQ10, and that CoQ10 is required for energy in each cell. **Without CoQ10 cells DIE!!**”
2. “Why would I want to take a drug that depletes my energy and may lead to heart failure?”
3. “I read that Statin Drugs are nothing more than an isolated poison derived from the fungus known as red yeast rice. This plant makes Lovostatin to protect itself from predators that die because their cholesterol and CoQ10 levels decline after swallowing.”