

## Co Q 10 (CoQHeart)

### Description

#### CoQHEART® with Q-Trol™

#### The importance of a heart health

CoQHeart® with Q-Trol™ and scientific evidence in support of the ingredients

Who will benefit... and how it should be used

Shaklee Difference and summary

Every day, something magical happens within you. With every beat of your Heart, you're given new life and new energy. An average of 60 times a minute, 3600 times an hour. The magical beat of your Heart, happens without ever even thinking of it, or having to do anything to make it happen. And yet – it gives you life. It nurtures you. It sustains life throughout your entire body. It strengthens your entire energy system.

Within each heartbeat is something profound. Your heart pumps approximately 2,000 gallons of blood throughout the body every day. As the hardest-working muscle in your body and the circulatory system's main control center, your heart requires a significant amount of energy to function properly. That energy is made available with the help of a nutrient called coenzyme Q10 (CoQ10), which also plays a role in supporting blood vessel health. CoQ10 is produced naturally by the body and is present in all cells. Dietary intake helps maintain CoQ10 levels; however, the amount of CoQ10 consumed from foods is typically less than 10 mg a day. More important, factors such as poor diet, aging, and daily exposure to free radicals may increase the need for this crucial nutrient.

- Your heart beats 100,000 times a day
- The aorta, the largest artery in the body, is almost the diameter of a garden hose
- The use of certain medications can reduce CoQ10 levels in the blood

Although the human body can synthesize CoQ10, in some situations the body's capacity to

produce CoQ10 isn't sufficient to meet its needs. CoQ10 levels reach their peak in the human body by age 20 and fall slowly thereafter. In addition, certain medications can reduce the body's production of CoQ10. Supplements can help, but since most supplemental CoQ10 is poorly absorbed by the body, a supplement must be highly bioavailable to be effective.

CoQ10 has antioxidant properties, protecting LDL cholesterol from oxidation, thereby helping to maintain vascular tone and integrity. CoQ10 has the ability to recycle and regenerate vitamin E, allowing it to continue providing antioxidant protection to cells of the body.

FYI, An estimated 60% of the population has CoQ10 deficiency in the fifth and sixth decades of life. Clinical studies have shown dietary supplementation with CoQ10 the concentrations in both blood and LDL molecules.

We can help Power a Healthy Heart by using CoQHeart® with Q-Trol™  
CoQHeart® features an all-natural proprietary blend of 100 mg CoQ10 plus resveratrol in bioavailable softgel. CoQ10 has been shown to:

- Support energy production in the heart\*
- Promote and protect healthy arteries against LDL oxidation\*
- Help replenish and maintain CoQ10 levels in the blood\*

CoQHeart® also contains resveratrol, which has been shown in laboratory studies to help relax blood vessels and promote healthy blood flow.\*

**THE SHAKLEE DIFFERENCE**, What makes Shaklee CoQHeart® unique?

? Contains a proprietary blend of CoQ10 and resveratrol, ingredients that help produce energy to power your heart

? Heart-healthy olive oil delivery system

? All natural

**Who Should Take CoQHeart®?**

- Healthy adults 18 and older concerned about their heart function and artery health.
- Adult men and women who take certain medications that may lower CoQ10 levels in the blood.
- If pregnant, nursing, or if taking blood thinning or blood pressure medications, consult your physician prior to using CoQ10.

Coenzyme Q10 is a fat-soluble nutrient produced in the body and present in all cells.

Higher concentrations of this nutrient are found in organs that work extra hard and require a significant amount of cellular energy to function, such as the heart, the liver, the kidneys, and the pancreas.

CoQ10 is vital to the trillions of cells in the body that must make their own energy to survive. To make energy, cells burn sugars and fats that come from the foods we eat.

These nutrients are broken down and carried through an energy-producing pathway that requires CoQ10. This energy-producing process is repeated thousands of times a second and fuels your beating heart and other body organs that require a continuous flow of energy. Without CoQ10, cells would not be able to produce energy and organs would not be able to function properly.

CoQ10 is also known for its potent antioxidant activity, protecting cell membranes from free radicals. As an antioxidant, CoQ10 helps protect arteries against the oxidation of low density lipoproteins (LDL). This is important as it helps promote the function of blood vessels, including those that transport blood to the heart.

## **Resveratrol**

Resveratrol is a phytonutrient found in red wine, red-grape skins, and purple grape juice.

Like CoQ10, resveratrol plays a role in heart and blood vessel health. In laboratory studies, resveratrol has been shown to help reduce the oxidation of LDL and to promote blood vessel relaxation. The more relaxed blood vessels are, the wider they open to promote healthy blood flow.

Dietary intake helps maintain CoQ10 levels. However, the amount of CoQ10 consumed from foods is typically less than 10mg a day. Supplementation is beneficial; to

get the same 100mg of CoQ10 in CoQHeart, you would have to eat 6 ¼ pounds of beef or 10 cups of broccoli.

### **Tips to keep your heart healthy**

1. Watch what you eat. A diet low in saturated fat, trans fat, cholesterol, and sodium—but high in fiber—promotes a healthy heart.
2. Achieve a healthy weight. Too many calories and not enough exercise can promote weight gain. Modest weight loss of 5%–10% of your weight can improve heart health, if overweight.
3. Stay Active. Get at least 30 minutes of exercise each day. Even a simple but brisk walk can make a big difference.
4. Don't smoke. Smoking makes your heart work harder and can increase blood pressure.
5. Laugh more. Studies show laughing can relax blood vessels and contribute to a healthy heart.
6. Take your supplements. Supplement your diet with CoQHeart®, which delivers 100mg of CoQ10 plus resveratrol in a bioavailable softgel.

“The essence of life itself is hidden within every beat to your Heart...”

Dr. Joseph Dremer

### **What statin drug users should know about Coenzyme Q10.**

Statin drugs reduce CoQ10 levels.

Statins, commonly prescribed cholesterol-lowering medications, not only lower LDL (“bad”) cholesterol but also inhibit the body’s natural production of coenzyme Q10 (CoQ10). In fact, statins have been reported to reduce CoQ10 levels in the blood by up to 50%. CoQ10 is naturally present in all cells of the body and is vital for cellular energy production—especially in the heart. Without adequate levels of CoQ10, energy production in cells would decline, and the function of the heart would be seriously compromised. Supplementing with 100 mg of CoQ10 per day helps replenish CoQ10 levels reduced by statin use.

CoQ10 may help reduce statin-induced muscle pain.

Although statins are highly effective at lowering LDL cholesterol, their use does not come without potential side effects, including muscle aches and rare but serious muscle damage. Preliminary research suggests that CoQ10 supplementation may help reduce muscle pain. In a preliminary study, statin users reported a 40% decrease in statin-induced muscle-pain intensity after taking 100 mg of CoQ10 for 30 days.

CoQ10 helps protect against LDL cholesterol.

CoQ10 is also known for its potent antioxidant activity and, as a result, helps protect arteries from damaging effects of oxidized LDL cholesterol. Oxidized LDL cholesterol is thought to damage blood vessels and may trigger the development of arterial plaque. The buildup of plaque leads to the narrowing of arteries and eventually can block blood flow to the heart and brain, causing heart attack or stroke.

Prevalence of Statin Drug use:

102 million Americans have high cholesterol, a major contributor to heart disease.

34% of Americans over age 45 report taking statins.

86 % of Americans over age 65 report taking statins.

According to the Centers for Disease Control and Prevention, the use of cholesterol-lowering statins has increased tenfold over the past two decades. In fact, Americans spent a total of \$14.3 billion on statins alone in 2009.

### **Five lifestyle strategies for lowering cholesterol**

Lifestyle changes can help reduce LDL cholesterol, enhance the cholesterol-lowering effect of medications, and possibly lower the amount of medications needed. Here are the top five most important lifestyle changes you can make:

1. Lose weight. Losing as little as 5 to 10 pounds can make a difference.
2. Eat a heart-healthy diet. Consume more whole grains, fruits, and vegetables, as well as foods rich in omega-3 fatty acids (e.g. fish, walnuts, and flaxseed).

3. Exercise. Thirty minutes a day, every day.

4. Quit smoking. If you smoke, stop.

5. Moderate alcohol intake. Moderate use of alcohol has been linked to higher levels of HDL cholesterol.

Good luck protecting your heart. I'd be glad to help in anyway I can. Betsy

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**Date Created**

March 3, 2014

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