

# CoQ-10 with Ubiquinol



CoQ-10 has been available for decades, but now there is an amazing new form of CoQ-10 called ubiquinol. Why is this so significant?

One of the key elements in the aging process is free radical production. These free radicals are oxygen atoms deficient in electrons that become highly reactive. This in turn causes potential damage to your tissues and DNA. If there was something you could do to limit the free radical production, then you could affect the aging process.

One nutrient that can help you do just that is CoQ-10. The problem is your body requires the reduced form of CoQ-10 (ubiquinol) to help you limit free radical production.

Now, if you're less than 25 years old, this is not an issue – your body is capable of converting CoQ-10 from the oxidized to the reduced form. However, if you're older, your body becomes more and more challenged to convert the oxidized CoQ-10 to ubiquinol.

Another very important reason for using a CoQ-10 supplement is to help boost your body's cellular energy production. CoQ-10 helps facilitate the production of adenosine triphosphate (ATP), the energy "currency for all your cells. But if you're over 25, you need the reduced form of CoQ-10, ubiquinol, to efficiently do this. Even if you do your best to eat wholesome unprocessed foods, your body's capability to produce CoQ-10 and convert it to ubiquinol declines over time.

## Ubiquitous Ubiquinol . . . Everywhere in Your Life

CoQ-10 by itself is also known as ubiquinone. To benefit from the form of the nutrient needed to produce cellular energy and help you reduce the typical signs of aging, your body must convert the ubiquinone to ubiquinol.

Ubiquinol exists everywhere there is life... it's ubiquitous!

The challenge you face as you age is this — your body levels of CoQ-10 continue to diminish. In addition, your capability to convert CoQ-10 to ubiquinol also declines. Some reports say your Co Q10 level decline becomes apparent as early as your 20's. It becomes more and more difficult for you to produce the ubiquinol you need due to:

- Increased metabolic demand
- Oxidative stress
- Insufficient dietary CoQ-10 intake
- Deficiency of factors required for biosynthesis and ubiquinol conversion
- Potential effects from illness and disease
- Age-related changes in your genes
- And any combination of these factors

Your added benefits from the ubiquinol formula can be significant as you...

- Potentially absorb more CoQ-10 – as shown in studies by enhanced blood plasma levels



- Become less dependent on your body to convert ubiquinone to ubiquinol... In the plasma of healthy humans, more than 90% of Co Q-10 exists in the reduced form (ubiquinol).
- Absorb CoQ-10 that is already in the active state your body needs
- Receive the reduced (unoxidized) form of CoQ-10 for added cellular energy
- Get a strong first stage defense against oxygen free radicals to help you reduce the typical signs of aging and optimize your health

However, not everyone needs the ubiquinol formula. If you are younger than 25, your body should absorb regular CoQ-10 just fine. In fact, research studies show that younger people do not absorb ubiquinol as well as older folks. So, if you're young, sticking to a regular formula makes more sense.

**HealthStyles4U offers both regular CoQ-10 and ubiquinol-based CoQ-10 in our product line of advanced nutritional supplements.**

## How to Help Turn Your Declining CoQ10 Levels into a Healthier YOU

The advanced nutritional CoQ-10 and ubiquinol supplements can help you in many different ways to complement your healthy diet and energize your life.

- **Help you produce more energy for your cells**
  - Act as a catalyst in your body's various chemical reactions, leading to the production of energy.
  - Ignite your body's engine by jump-starting energy production in your cells.
  - You'll enjoy your new-found energy and stamina levels.
- **Boost your heart health**
  - Help strengthen your overall cardiovascular system.
  - Help maintain and balance the critical energy level needed in your body's most vital muscle... your heart.
  - Since you're passionate about life, you need an optimally-functioning heart.
- **Act as an antioxidant to help protect you from free radicals**
  - Provide your body with added defense against oxidation stress to your cells, tissues, and organs.
  - Help recharge other antioxidant nutrients to their active states — and keep them working for you.
  - You'll feel good about yourself, knowing you're taking steps to live a healthy life.
- **Help you reduce the signs of normal aging**
  - Help you potentially feel more alert and responsive.
  - By keeping blood levels high in Co Q10, help you maintain your vitality.
  - You're determined to feel young and full of life... don't let aging get the best of you.
- **Help you maintain blood pressure levels within the normal range**
  - Promote healthy blood circulation in your body and a more efficient heart
  - Research indicates maintaining proper levels of Co Q10 can help you maintain normal blood pressure levels.
  - Just by knowing you're taking more steps to take control of your health, you could feel more relaxed and less stressed out.
- **Provide a boost to your immune system**
  - Help promote your healthy immune system.
  - Help support your immune system by providing a defense against free radicals.
  - You'll feel great about yourself knowing you're taking action to potentially boost your immune system.
- **Support your nervous system**
  - Help promote an active mind.
  - Your brain is one of the most active organs in your body and requires uninterrupted energy.
  - Nothing beats having an active mind to help you deal with all of life's challenges — and to help you make healthy decisions for your family.

By now, you should see the power of CoQ-10 and ubiquinol, and understand why we believe they provide extraordinary benefits to complement your healthy diet. However, there is another very strong reason to take Co Q10 supplements.

## Why You Should Replenish Your CoQ-10 Levels When Taking Statin Drugs

If you or anyone you know is taking a statin drug, I truly believe it is absolutely essential to start taking a CoQ-10 or ubiquinol supplement to replenish your Co Q10 levels.

Why?

Statin drugs work to lower your cholesterol in the same pathway your body uses to produce CoQ-10. Now you might ask: "*Why would you take a statin drug in the first place?*"

Good question.

Normally, I believe well over 99% of people placed on statin drugs do not need them (although you should *always* consult a physician before stopping any medication). I believe people should be able to easily optimize their cholesterol levels with simple lifestyle changes.

However, I have been practicing medicine for far too long to know the journey to good health can be long and complex for many. Some people simply require more time to make the transitions in weaning off these dangerous drugs.

If you or someone you care about is taking a statin, I recommend (based on your age) you start using a high quality CoQ-10, or ubiquinol supplement right away. But *not just any* CoQ-10 supplements. To be in line with our mission to provide you only the best, you should...



If you take statin drugs to lower cholesterol, I believe it's essential for you to replenish your CoQ-10 levels!

## You Do Not Have to Settle for 2nd Best

As with any supplement, stringent criteria has been established to find the best CoQ-10 and ubiquinol formulas. This thorough process ensures you can take full advantage of all the benefits the supplements have to offer. The strict criteria for selecting top-notch CoQ-10 and ubiquinol supplements is that they must . . .

- Deliver high-absorption formulas regardless of age
- Be all-natural with NO synthetic ingredients added
- Come from a highly reputable company with the strictest quality control and safety standard practices in place

So far, I believe the Mercola Advanced Nutrition CoQ-10 supplements deliver high-absorption formulas, and we offer both regular CoQ-10 for those under 25 years old, and ubiquinol if a person is older.

## Why These Formulas Stand Above the Rest

In my opinion, statin drug users should begin taking the supplement immediately to help replenish their CoQ-10 levels. With the Mercola Advanced Nutrition CoQ-10 and ubiquinol supplements, there are even more possible advantages in the way they . . .

- **Support healthy gums**
- Boost your body's immune system
- **Help maintain normal blood sugar levels**
- Support muscle recovery from intensive workouts
- **Promote normalization of your weight**
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## 100% Natural, Without Any Synthetics

A very exclusive process drives the creation of these supplements. A unique manufacturing process using biological fermentation delivers a 100% pure and natural CoQ-10 and ubiquinol. This process not only ensures that you get a 100% pure and natural product, but a stabilized, high-absorption formula as well – this achieves higher elevations of circulating CoQ-10 in the bloodstream.

One of the biggest challenges faced by any manufacturer of ubiquinol is how it easily oxidizes in the air, which adds to the instability of the nutrient.

## Why Would You Settle for Inferior Quality?

The developer and manufacturer of CoQ-10 and ubiquinol must also demonstrate proven quality practices. There are literally hundreds, if not thousands, of CoQ-10 supplements on the market today... but **there are only a few great ones out there... and even fewer provide the advanced ubiquinol formula.**

When I first started my investigation, the low quality demonstrated by so many companies absolutely shocked me. That's why I spent many long months researching to identify what I believe is one of the top CoQ-10 and ubiquinol supplement manufacturers in the U.S. today. Research on their unique ubiquinol formula spanned a period of 10 years. It only became available in the last 2 years.

The manufacturer of the Mercola Advanced Nutrition CoQ-10 supplements clearly stands apart in quality standard practices. This manufacturer performed all necessary research and provided supporting materials regarding production methods, quality assurance, and safety – no objection letter was issued.

- **Completed FDA notification** of ubiquinol product as a New Dietary Ingredient (NDI) – unique position by this Co Q10 manufacturer
- **Follows strict Pharmaceutical GMP standards** in its manufacturing processes
- **Awarded and filed applications on at least 24 US and international patents** – including 10 for its CoQ-10 ubiquinol manufacturing process
- **Announced self-affirmed GRAS (Generally Recognized as Safe) status**
- **Delivers Kosher certified product** – No animal-derived products exist in the CoQ-10 products or can find their way into the raw materials during the manufacturing process.

## How High-Quality Means Exceptional Value You Can Rely On

The scientific community continues to conduct many research studies using CoQ-10 in both ubiquinone and ubiquinol forms. To date, the safety and reliability reports on the supplement remain solid. This should always be important to you when considering taking any supplement.

- From the American Cancer Society: *“Few serious reactions to CoQ-10 have been reported.”*
- From the University of Maryland Medical Center: *“Coenzyme Q-10 appears to be generally safe with no significant side effects...”*
- From the National Center for Complementary and Alternative Medicine (NCCAM) at the National Institutes of Health (NIH): *“No serious side effects have been reported from the use of coenzyme Q10.”*
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## 5 Clear-Cut Reasons For You to Act Now

- 1 Boost your energy and stamina levels
- 2 Support the health of your cardiovascular system
- 3 Help you feel younger and reduce the normal signs of aging
- 4 Enhance the support of your immune and nervous systems
- 5 Replenish your CoQ-10 levels if you are taking a statin drug

To order CoQ-10, contact HealthStyles4U at: [HealthStyles4U@healthstyles4urx.com](mailto:HealthStyles4U@healthstyles4urx.com)

1.800.288.9552