

Coenzyme Q10

Life Insurance for Your Heart

Although coenzyme Q10 is present in many foods (such as rice and wheat bran) and although the body can make it from the raw materials in foods, many serious health conditions have now been linked to a shortage of CoQ10 in the body's nutritional stocks. On the positive side, taking CoQ10 supplements has been proven to help in conditions such as heart disease, gum infections, breast cancer, hypertension, diabetes, and a weakened immune system.

In one study, 17 patients with mild congestive heart failure took 30 mg per day of CoQ10; after 4 weeks, every patient had improved and 53% had become symptom-free. CoQ10 kept 38% of 641 patients from requiring hospitalization for the same condition; they took CoQ10 at the rate of 150 mg per day for 1 year.

Patients with angina pectoris who took 150 mg per day for 4 weeks had a 53% reduction in chest pain episodes. After 12 weeks on CoQ10, patients with cardiomyopathy (lesions on the heart muscle) enjoyed increased strength in their heart beat and less shortness of breath. Patients undergoing heart surgery who took CoQ10 14 days before and 30 days after surgery recovered faster and with less complications.

In other studies, CoQ10 lowered blood pressure significantly in 4-12 weeks. Episodes of pulmonary edema, in which fluid builds up in the lungs, were reduced by 60%, using CoQ10. When diabetics took CoQ10 at the rate of 120 mg per day, their blood sugars dropped by 20-30%. CoQ10 can actually reverse periodontal or gum disease. As with diabetics, people suffering from gum disease typically are deficient in CoQ10. Dosages of 50-75 mg per day can halt the deterioration of gums, sometimes within days.

In studies reported by Dr. Karl Folkers, M.D., formerly of Merck Laboratories and now retired, breast cancer patients who took 300-400 mg daily of CoQ10 found their tumors completely regressed.

CoQ10 can also protect your heart against the damaging effects of certain cancer drugs. Also, if you happen to be taking these to lower cholesterol, this can dangerously lower body levels of CoQ10.

Animal studies have shown that even at high doses, CoQ10 has no toxic side effects and is safe as a nutritional supplement. Generally it takes 4-8 weeks for CoQ10 to build up a peak concentration in the body and to produce noticeable effects.

^{Ref 1} **CoQ10 is best absorbed as a supplement when it's prepared dissolved in oil rather than as a powdered capsule; in fact, one of the leading authorities on the substance states that the body cannot absorb CoQ10 unless it is made fat soluble. Chewable wafers of CoQ10, combined with fatty acids, are available and work well.**

Ref 1

Oxyfresh Coq10 has **No requirement** for fat soluble as stated in Ref 1.
Oxyfresh Coq10 is in **liquid form** with vitamins A, C, D, E and Aloe Vera.

<http://www.alternativemedicine.com/>

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