

CoQ10



ESSENTIAL FOR HEART HEALTH, IMMUNE FUNCTION, AND OVERALL WELLNESS

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CoQ10: ESSENTIAL FOR ENERGY

Coenzyme Q10 (CoQ10) is a nutrient that is essential for the body to turn food into energy. CoQ10's role is similar to that of a spark plug in a car engine. Just as the car cannot function without the initial spark, the human body cannot function without CoQ10. Unfortunately, CoQ10 levels can decline with advancing age. Although CoQ10 is found in all plant and animal sources, optimal doses cannot be achieved through common diets. Organ meats are the richest source of CoQ10, but few eat these foods regularly. Supplementation is therefore needed to achieve optimal CoQ10 levels.

SUPPORTING HEART HEALTH

CoQ10 is one of the most important nutrients for maintaining the health of the heart. The heart contains twice as much CoQ10 as any other organ or tissue in the body. CoQ10 is needed for the heart to keep up its constant production of energy. CoQ10 can even help heal the hearts of those slated for heart transplants so that they no longer need them.¹ A wide range of heart conditions benefit from CoQ10 supplementation, including angina, mitral valve prolapse, and perhaps cardiomyopathies and congestive heart failure. Paradoxically, medications thought to promote heart health may lower CoQ10 levels. Lovastatin can decrease levels of CoQ10, sometimes to the point of leading to heart and liver damage.² Those on statin medications should supplement with CoQ10.

LOWERING BLOOD PRESSURE

One hundred milligrams of CoQ10 per day has been found to lower blood pressure while also raising protective HDL cholesterol and lowering total cholesterol.³

ENHANCING IMMUNE FUNCTION

Studies indicate CoQ10 may have dramatic immune-enhancing effects. Older adults as well as those with HIV in particular may benefit from CoQ10.⁴

PROMOTING GUM HEALTH

CoQ10 may help those with periodontal disease heal their gums more quickly. Topical application of CoQ10 may be more effective than taking it orally.⁵

SUPPORTING CANCER PATIENTS

Cancer patients taking chemotherapy drugs that are associated with heart toxicity such as adriamycin should consider CoQ10 because it can reduce the toxicity of these drugs. One human study suggested that 390 mg of CoQ10 per day may help support overall wellness and recovery in those with breast cancer.⁶

SUPPLEMENT SUGGESTIONS FOR COQ10:

The therapeutic dosage range of CoQ10 is 30 to 400 mg per day. Consuming CoQ10 with an oil or fat improves absorption unless you buy a supplement that provides the fat source along with the CoQ10. If you are taking any medications, or are using CoQ10 to help with any health condition, take it with the guidance of your health care practitioner.

References

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Benefits of CoQ10

- Promotes Heart Health
- Lowers Blood Pressure
- Inhibits Cholesterol Oxidation
- Helps Periodontal Disease
- Enhances Immune Function
- Parkinson's Disease⁷

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Phosphatidyl Serine



BRAIN REVITALIZING NUTRIENT

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Phosphatidyl serine (PS) is a nutrient essential for optimal brain function. Because PS is crucial for the overall health of brain cells, research on PS has shown that it benefits a wide range of brain activities.¹ There are no foods rich in PS, except for brain (which is not recommended as a food!), so PS supplementation is the only way to increase your levels of this valuable brain nutrient. The body can make PS, but in far from optimal quantities, and less as we age.

HOW PS BENEFITS MEMORY AND RECALL

Memories are formed when a group of brain cells—neurons—talk to each other. Together, neurons create a memory of an event, such as where the keys are, where you put the remote control, or where you parked the car. In order for memories to be both formed and recalled, neurons must talk to each other. Without PS, such communication among neurons is difficult if not impossible. With PS, neurons communicate more effectively. That is why PS has such positive effects on memory, recall, and overall brain function.

HELPING AGE RELATED MEMORY LOSS

As we age, most of us lose some memory function. PS may help to reverse or slow this process.² Seventy-five patients with age-related memory impairment were given 300 mg of PS per day for 12 weeks. PS led to improved performance tests related to learning and memory tasks of daily life.³ Another study of thirty-three patients with dementia showed equally promising results. This 8 week study of 300 mg per day of PS showed that PS can significantly improve overall brain wellness in those with dementia.⁴

SLOWING ALZHEIMER'S DISEASE

Alzheimer's disease is a debilitating ailment that destroys the memory of older adults. While there is no cure for Alzheimer's, nutrients like PS may help slow the progression and even reverse some of the symptoms of this disease.⁵⁻⁷ Eighteen patients with Alzheimer's disease given 400 mg of PS per day for 6 months experienced a wide range of positive effects on memory and recall.⁸ Twenty-five patients with Alzheimer's disease given 300 mg of PS for 12 weeks also saw improvements in brain function. This study also showed that PS may have the most benefit when given in early stages of Alzheimer's.⁹

RELIEVING DEPRESSION

The effects of phosphatidyl serine on cognitive, affective and behavioral symptoms were studied in a group of 10 elderly women with depressive disorders. Patients were treated with placebo for 15 days, followed by PS at 300 mg/day for 30 days. PS induced consistent improvement of depressive symptoms, memory and behavior.¹⁰

HOW TO TAKE PS

As with any brain energizing nutrient, PS is best avoided near bedtime as it may prevent sleep. It is best taken with or before breakfast and lunch. If you are taking PS to treat any medical condition, or are taking medications, especially psychotropic medications, it is advisable to take PS with the guidance of your health care practitioner. PS is derived from soy, and is suitable for vegetarians. The beneficial level of intake of PS according to human research is anywhere from 100-800 mg per day. Most studies in humans where PS has been used to optimize brain function used 300 mg of PS per day. After an initial loading phase with PS, long term supplementation at 100 mg per day may be sufficient for most adults to maintain optimal brain levels of PS.

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Benefits of Phosphatidyl Serine

- Improves Mental Focus
- Relieves Depression
- May Help Seasonal Affective Disorder
- Improves Quality of Life in Alzheimer's Patients
- Helps Prevent Age-Related Memory Deterioration