

# FOCUS

ON NUTRITION



## LEARN TO COUNT ON COQ10

Desk jobs, drive-thrus and media-on-demand: These three things can be connected to weight gain, increases in LDL cholesterol, and cardiovascular disorders. They are day-to-day contributors to real-life health and fitness problems that have led us to a point where cardiovascular diseases are the world's top killer. The question is – what can we do to help fight them? The answer is CoQ10.

### 5 reasons to add CoQ10 to your everyday life

#### 1. Go back to nature

Where is Coenzyme Q10 found? Primarily in fish and meat. Our bodies are able to produce some of the CoQ10 that we need. The rest is synthesized from the foods we eat. The highest dietary sources of CoQ10 come from — in descending order according to content — fresh sardines and mackerel, the heart, liver and meat of beef, lamb and pork, and eggs. Research has shown that the organs of wild, grass-fed animals have up to 10 times more CoQ10 than organs of grain fed animals. Unless you regularly consume wild game or grass fed animals it is difficult to maintain good blood levels of CoQ10.

#### 2. Eat more green vegetables, followed by whole grains

There are plenty of vegetable sources of CoQ10, the richest being spinach, broccoli, peanuts, wheat germ and whole grains — in that order. (Although the amount is significantly smaller than that found in meats). It is also important to note that vegetables carry multiple transport nutrients and enzymes that provide delivery mechanisms for CoQ10 and a myriad of other beneficial components in our diets.

#### 3. Go raw and go organic

CoQ10 is destroyed by heat so meat should not be overcooked to obtain

## PRODUCT CORNER

### CoQ10



CoQ10 Complex is formulated with the richest concentrations of nature's most powerful antioxidant sources and herbal extracts to promote optimum oral and heart health.

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maximum benefits. Boiling has been found to have negligible effects on the survival of CoQ10, while frying substantially reduces the benefits. Also, it is important to note that any of these foods must be raw, fresh and unprocessed; no milling, canning, preserving, freezing, etc. And these foods must be grown or produced in an unpolluted environment to be considered viable sources.

#### 4. Heart-healthy antioxidant

CoQ has been clinically proven to support heart health. The heart muscle cells need CoQ10 to produce energy and if heart CoQ10 levels are depleted, the heart simply cannot function optimally. Additionally, some prescription drugs that lower cholesterol (statins) also deplete CoQ10. So people taking CoQ10 will likely realize a noticeable increase in energy. CoQ10 also prevents arteriosclerosis by reducing the accumulation of oxidized fats in red blood vessels, eases high blood pressure, regulates the rhythm of the heart, and improves chest pain and exercise toleration in angina patients. For those who have already damaged their heart, CoQ10 can help rejuvenate the cells after a heart attack or open heart surgery.

#### 5. Over the lips and across the gums, organs here I come

CoQ10 is a benefit to virtually every organ or system involved human function. For the brain, CoQ10 levels begin decreasing naturally at age 20 and are lowest in victims of stroke and neurodegenerative diseases. The cells in our brain operate in the most complex organ in our body. Supplementing CoQ10 to help our brain cells fight against the many effects of aging and exposure should be a no brainer. No pun intended. Open your mind and your heart to CoQ10 — it may save your life.

#### Closing Thoughts

Want a healthier body? It starts with the mouth! Oxyfresh's Dental Health CoQ10 Complex is formulated with the richest concentrations of nature's most powerful antioxidant sources and herbal extracts to protect against periodontal disease and support heart health, while delivering nutritional support to other vital systems in the body. These chewable supplements have a refreshing citrus flavor and are formulated with the potent antioxidant Coenzyme Q10, clinically proven to protect against cardiovascular disease.

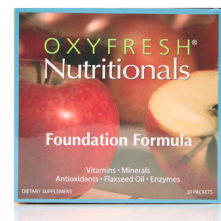
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