

Co-enzyme Q10 (CoQ10)

is important to the process by which metabolic energy is derived.

Since nearly ALL cellular activities are dependent upon energy,

Co-enzyme Q10 is essential for the health of all human tissues and organs.



Do
YOU
have a
*Critical
Energy
Shortage?*

For more information on CoQ10, go to www.Life-Span.com



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CoQ10
could be the
answer!

Most people don't realize that their energy is reduced due to the depletion of a very important substance that the body naturally makes,

Co-enzyme Q10 (CoQ10).

Just what is CoQ10 and why is it so important?.....

CoQ10 is a co-enzyme that is found throughout the body and is a key element in the process or chain of events that the body uses to make energy. Without it, we couldn't live.

Since the heart is an energy-intensive organ, it normally has nearly 10 times more CoQ10 than any other body tissues. Depletion of CoQ10 in the heart may result in serious consequences.

There are a number of risk factors, medical conditions, dietary factors, and pharmaceutical drugs associated with CoQ10 deficiency.

Risk Factors for CoQ10 Deficiency

Aging, congestive heart failure, chronic gum disease, poor/slow healing gums, heart disease, nutrient-deficient diet, low dietary intake of vegetables, high animal protein diet, Type II diabetes, high blood pressure, elevated cholesterol, hormone-dependent cancers, HIV/AIDS

Medical Conditions Contributing to CoQ10

Deficiency:

Periodontal disease, poor or slow healing of diseased gums, Chronic Fatigue Syndrome, heart disease, congestive heart failure, cardiomyopathy, angina pectoris, high blood pressure, elevated blood sugar & insulin levels, elevated cholesterol, chronic coughing, wheezing, chest tightness, shortness of breath, vitamin deficiencies, selenium deficiency, HIV/AIDS

Diets that increase risk of CoQ10 deficiency:

Diets high in animal protein, low in vegetables
Diets deficient in vitamins B2, B3, B5, B6, B12, folic acid, C, and the trace mineral selenium

Pharmaceutical Drugs Contributing to CoQ10

Deficiency:

Blood Pressure Medications: Diazoxide, Propranolol, Metoprolol, Hydrochlorothiazide, Hydralazine, Clonidine, Adriamycin, L-Dopa, Lovastatin



"I'm concerned. What can I do now?"

It's really easy to start correcting a

CoQ10 deficiency. Your Life-Span counselor will recommend the use of a CoQ10 supplement to help restore your body's CoQ10 levels, such as Chewable Co-enzyme Q10 from Life-Span Signature Series.

Chewable CoQ10 is formulated in a unique fat-soluble base that promotes absorption and enhances bioavailability.