What are the muscular & anti-aging benefits?

As we age, the number and size of our muscle fibers decline giving us an aged muscle profile. In a recent trial, test subjects were given 300 mg of CoQ10 daily for 30 days. The profile results demonstrated a dramatic change in muscle fiber types towards profiles of young people*.

CoQ10 has been shown to promote this type of response in many other tissues of our body, promoting younger health profiles and acting as an anti-aging element.

Aging	Tissue	CoQ10 decrease
Age 58 to 76	Myocardium	72%
Age 20 to 80	Heart	58%
Age 20 to 80	Pancreas	83%
Age 20 to 80	Adrenal	50%
Age 20 to 80	Liver	17%
Age 20 to 80	Kidney	45%
Age 30 to 80	Skin	75%

*Crane FL. Biochemical functions of coenzyme Q10. J Am Coll Nutr 2001; 20(6):591-598

CoEnzyme Q10 is an important component in the energy producing system of the body.

It is found in mitochondria, subcellular structures responsible for generating 95% of the total energy needed by the human body. CoEnzyme Q10 is a required nutrient that makes this engine work. Its antioxidant activity also protects cell membranes, proteins and DNA from oxidative damage caused by free radicals and helps provide the body with energy to heal.

It makes no difference if the CoQ10 is labeled as ubiquinol or ubiquinone, it is simply most important to ingest a quality supplement containing a large amount of CoEnzyme Q10.

For more information on this product, please visit www.anaboliclabs.com

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How can you benefit from CoQ10?

CERTIFIED GLUTEN-FREE

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Anabolic Labs CoQ10 product is manufactured to pharmaceutical standards and is only available through your doctor.

Available in 60mg, 100mg, and 200mg capsules

How does **CoQ10** help with Cardiovascular & specific health issues?

Low CoQ10 levels have been observed in patients with cardiac failure and many doctors now recommend patients take CoQ10 daily with their current medication. CoQ10 has also been used to aid cholesterol management. A well received study at Rutgers showed 300 and 600 mg/day appears to slow the progression of Parkinson's disease; it seems that 1200 mg might be the upper limit of our daily recommended intake; the level for adverse affects may be as much as 3,000 mg per day.*

* Shults, C.W. et al. (2002). Effects of coenzyme Q10 in early Parkinson's disease. Archives of Neurology 59: 1541-1550.

What is CoQ10?

Coenzyme Q10 is an organic molecule with a distinctive orange color sharing some characteristics with vitamin E. Small amounts of CoQ10 are biosynthesized in many tissues but it is necessary to acquire extra CoQ10 through ingestion, making our CoQ10 requirement much like a vitamin. CoQ10 is a fat and not water soluble molecule and this allows CoQ10 to bind to cell membranes. It is absolutely required by every type of human cell to biosynthesize energy from foods.

Where do we obtain **CoQ10** in our diets?

We obtain CoQ10 primarily from meats; heart and kidneys are the highest sources but most people do not typically eat animal hearts. Fruits and vegetables, even spinach, provide only minuscule amounts of this nutrient.

Children can biosynthesize some CoQ10 but adult biosynthesis declines drastically after 40.

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What are the health benefits of **CoQ10?**

As we age we lose our ability to biosynthesize CoQ10 and become deficient without additional intake. Since many cellular processes are CoQ10 dependent, running a deficit of this compound is serious and harmful in the long term.

For the typical adult, 100 mg/day will double your plasma level in one week. People over 40 need more than younger people and people taking statin drugs need more yet.

Though the FDA has not set a reference adult daily intake (RDI), seniors may require up to 200 mg per day and perhaps more.