



## CoQ10 COUNTERACTS SIDE EFFECTS OF CHOLESTEROL LOWERING DRUGS!

Cholesterol lowering drugs like Statins will lower your cholesterol and offer a short term solution, but there is a price to pay for this, one of the most common side effects are muscle cramps, this can be due to the Statins destroying the CoQ10 in the body. Co-enzyme Q10 is a vital antioxidant which, according to numerous scientific and clinical studies: produces energy in cells, protects tissues - such as the heart and other vital organs.

Lowering elevated cholesterol levels with so-called statins is an effective therapy, yet this class of drugs has been shown to interfere with normal heart function. According to new research, simultaneous supplementation with Co-enzyme Q10 can counteract diastolic dysfunction, one of the potentially dangerous statin-induced side effects.

The underlying reason for this is that cholesterol and Co-enzyme Q10, an endogenous substance that is essential for the cellular energy metabolism, get synthesised in the liver, sharing the same biochemical pathway.

In the process of blocking the cholesterol synthesis with drugs, Co-enzyme Q10 levels are also lowered, which is why the heart is "starved" of energy, causing an impairment of normal cardiac function. However, supplementing with co-enzyme Q10 in connection with statin therapy appears to counteract this problem.

"Diastolic dysfunction occurs so commonly and may be clinically very subtle in the beginning, but we have observed that supplementary use of Co-enzyme Q10 in the range of 300mg per day helps to make statin therapy safer. Some patients may need a bit more," says Marc A. Silver, MD, clinical professor and director of the Heart failure Institute.



## Other Benefits

If you have gum disease your dentist could refer you to a specialist for treatment that may include surgery. However, one of the best treatments for red, puffy, inflamed and bleeding gums could be the essential nutrient Co-enzyme Q10.

CoQ10 aids in generating energy and is found in every cell of your body, especially the heart and gums. **Low levels of this essential enzyme have been linked to periodontal disease.** In one study a periodontal specialist discovered that people with diseased gums had an unusually large deficiency of Co-enzyme Q-10. Once they were supplemented and had their blood serum levels of CoQ10 increased, the gum conditions reversed!