

## Nobel Prize Winning Research Powers Every Cell in Your Body

Although CoQ10 was first isolated by Dr. Fredrick Crane, no one knew how vital it was until British chemist Paul Mitchell first reported on the role of CoQ10 in mitochondria and cellular energy. For this discovery, he was awarded the ***Nobel Prize in Chemistry*** in 1978.

### Turn On Your Powerhouse!

Mitchell's discovery unlocked the key to the "powerhouse" in every cell, called the mitochondria. The mitochondria act like a digestive system. They take in nutrients, break them down and create energy for every cell. Because the mitochondria are compact, some cell types have several thousand mitochondria.

The number of mitochondria in each cell depends on the job that cell needs to perform. The more energy a cell needs the more mitochondria it will have.

**The mitochondria are like millions of little "furnaces" all creating energy for your body.**

### The Heart Needs the Most Energy

The heart is a muscle and needs loads of energy, so it has the highest number of mitochondria.

What's the secret to getting more energy?

The fluid inside of the mitochondria, called the "matrix," is filled with water and proteins called enzymes. Coenzyme Q10 is the coenzyme for at least three mitochondrial enzymes...complexes I, II, III...as well as enzymes in other parts of the cell.

**This means CoQ10 enhances and assists the activity of all these other enzymes, so that nutrients are fully digested and energy is created!**

Studies show the following benefits to the heart when CoQ10 is given:

- Heart function is improved after major heart surgeries such as coronary artery bypass graft or valve replacement. *The National Library of Medicine and the National Institutes of Health*

- Heart transplant candidates have a significant improvement in functional status, clinical symptoms and quality of life. *Clinical Cardiology, 2004*
- Heart patients have shown improvement in exercise capacity and a reduction in hospitalization frequency. *Biofactors, 2003*

## Energy Starved Hearts Are Low in CoQ10

It is been documented that a key sign to a heart in peril is a low level of CoQ10. And heart failure is typically linked to “an energy depletion status” and low CoQ10.

This unhealthy state is also known as “mitochondria dysfunction and energy starvation.”

**You don't want this to happen to you or your heart!**

## Why Should I Take CoQ10?

Here's how CoQ10 can help you in many different ways to complement your healthy diet and energize your life:

### ◆ Helps you produce more energy for your cells

- Acts as a catalyst in your body's various chemical reactions, leading to the production of energy.
- Ignites your body's engine by jump-starting energy production in your cells.
- You'll enjoy your new-found energy and stamina levels.

### ◆ Boosts your heart health

- Helps strengthen your overall cardiovascular system.
- Helps maintain and balance the critical energy level needed in your body's most vital muscle... your heart.
- Since you're passionate about life, you need an optimally-functioning heart.

### ◆ Acts as an antioxidant to help protect you from free radicals

- Provides your body with added defense against oxidation stress to your cells, tissues, and organs.
- Helps recharge other antioxidant nutrients to their active states — and keeps them working for you.
- You'll feel good about yourself, knowing you're taking steps to live a healthy life.

### ◆ Helps you reduce the signs of normal aging

- Helps you potentially feel more alert and responsive.
- By keeping blood levels high in CoQ10, helps you maintain your vitality.
- You're determined to feel young and full of life... don't let aging get the best of you.

#### ◆ **Helps you maintain blood pressure levels within the normal range**

- Promotes healthy blood circulation in your body and a more efficient heart.
- Research indicates maintaining proper levels of CoQ10 can help you maintain normal blood pressure levels.
- Just by knowing you're taking more steps to take control of your health, you could feel more relaxed and less stressed out.

#### ◆ **Provides a boost to your immune system**

- Helps promote your healthy immune system.
- Helps support your immune system by providing a defense against free radicals.
- You'll feel great about yourself knowing you're taking action to potentially boost your immune system.

#### ◆ **Supports your nervous system**

- Helps promote an active mind.
- Your brain is one of the most active organs in your body and requires uninterrupted energy.
- Nothing beats having an active mind to help you deal with all of life's challenges — and to help you make healthy decisions for your family.

## **Beware of Cholesterol Medicine**

**If you or anyone you know is taking a statin drug, I truly believe it is absolutely essential to start taking a CoQ10 supplement immediately to replenish your CoQ10 levels.**

Over 36 million Americans are candidates for the cholesterol-lowering drugs known as statins... Altacor, Crestor, Lescol, Lipitor, Mevacor, Pravachol, Vytorin, Zocor. One alarming side-effect of statins is that they as they block your liver from producing cholesterol, they also block the liver from producing CoQ10. This serious side-effect is known as "**statin-induced CoQ10 depletion.**"

**So if you or someone you care about is taking a statin, I recommend that you start using a high quality CoQ10 supplement right away.**

## What Kind of CoQ10 is Best

Many top brands of CoQ10 on the market today come in pill form. For many people pills are hard to swallow and according to the *Physician's Desk Reference* (page 1542), as little as 20% of nutrients taken in pill form actually make it to the cells in your body.

### **A liquid formulation ensures maximum absorption!**

That is why I am recommending **CardioForLife®**. It comes in a delicious grape, peach and orange flavored powder that once mixed with a few ounces of water, becomes a liquid and guarantees maximum absorption. In fact, a liquid form has a 90-98% absorption rate. Vital nutrients are absorbed in the lining of the mouth within seconds and delivered via the bloodstream to the tissues and cells of the body for immediate use.

**CardioForLife®** contains 100 mg of CoQ10 along with other heart nutrients, like arginine, vitamin D3 and resveratrol. All this for just a little over \$1.00 per day! I'm convinced you will find this to be the most potent complementary anti-aging cardio supplement available in the world today!

Order some **CardioForLife®** today and I am confident you will feel the difference and never want to go back!



**Because you only have one heart!**

### **About the Author**

Harry Elwardt is a naturopathic doctor with a PhD in Health & Nutrition. He is also the author of the book, "**Let's STOP the #1 Killer of Americans TODAY!**" Dr. Elwardt has declared war on heart disease and travels the country lecturing on what Americans can do to prevent and reverse this merciless killer. . If you would like to schedule Dr. Elwardt to lecture and conduct heart screenings in your church or business establishment, email him at [drharry@comcast.net](mailto:drharry@comcast.net)