

CO-Q 10

MONTIFF INC

Don Tyson's Advanced Nutraceuticals

CO-Q 10 PLUS

Co-Enzyme Q 10 Formula

A formula containing the potent antioxidant Coenzyme Q 10, along with Vitamin E and Beta-Carotene in Rice Brand oil (rich in Tocotrienols) for increased absorption - in a soft gel capsule.

Each soft gel contains: Natural Co-Enzyme Q 10, 30 mg; Vitamin E (as Natural mixed Tocopherols) 100 IU; Beta Carotene 7mg., Rice Brand Oil 185 mg.

RECOMMENDED USE IS FOR STRUCTURE & FUNCTION IN ADDRESSING NUTRITIONAL DEFICIENCIES:

- . With individuals with heart problems.
- . Has been used for patients with heart disorders, including Cardiomyopathy, Myocardial Ischemia, Angina, Hypertension and congestive heart failure.
- . Beneficial antioxidant properties.
- . Enhancing the immune system.
- . Deficiencies have been reported in patients with cardiac disorders, cancer, diabetes, periodontal disease, muscular dystrophy, hypertension and AIDS.

WHAT IS CO-Q 10?

- . Co-Q 10 (*ubiquinone*) is a coenzyme that is found in food such as beef liver (& other organ meats), and salmon. It is also synthesized in the body and is involved in the Krebs Cycle, which produces ATP the energy source of life. Co-Q 10 is found in every cell in the body, with the highest amounts in the mitochondria of the heart, brain, kidneys, and liver. It acts as the energy source of the cells and is a fat-soluble antioxidant, which helps prevent free radical damage to cells.
- . Studies show that Co-Q 10 helps regenerate Vitamin E and works together with it to protect against UV radiation, the leading cause of skin aging and skin cancer. It is almost impossible to get sufficient amounts of Co-Q 10 from diet alone. The amounts of Co-Q 10 in the body declines as we get older, effecting the energy producing mechanism necessary for all the systems of the body. Thus the body can no longer run efficiently. Low levels of Co-Q 10 may be a contributing factor in illnesses associated with age-related illnesses such as heart disease, cancer and Alzheimer's.

CO-Q 10 AND THE HEART

- . The heart muscle contains over 2 million myocytes, or heart cells that produce the energy necessary to contract, or beat, the normal 60 times a minute. Co-Q 10 is involved in the energy cycle that produces ATP, which is the energy source of the heart. It has been noted in many studies, that heart disease is often linked to a deficiency of Co-Q 10.
- . Co-Q 10 has been used in Japan, Italy and other countries routinely for heart problems, along with conventional therapies. Studies indicate that Co-Q 10 supplementation between 75 mg to 600 mg daily, improves a variety of heart conditions such as cardiomyopathy, congestive heart failure, valve problems, unstable angina and high blood pressure.

CO-Q 10 AND RELATIONSHIP TO CANCER

- . Co-Q 10 is an antioxidant with anticarcinogenic properties, and studies indicate beneficial results with Co-Q 10 supplementation in breast cancer patients.

**These statements have not been evaluated by the Food and Drug Administration. This information is not intended to diagnose, treat, cure or prevent any disease.*

- . In 1991, Dr. Karl Folkers, a leading expert and researcher on Co-Q10 reported in his study that cancer patients had lower levels of Co-Q10 than control subjects. He suggested that cancer patients might not be able to produce sufficient levels of Co-Q10, which has an effect on T-cells. This deficiency may hamper the immune system. Preliminary studies also indicate benefits to AIDS patients for these reasons as well.

CO-Q 10 AND PERIODONTAL HEALTH

- . Co-Q 10 is found in gum tissue and deficiencies have been noted in those with periodontal problems.
- . Studies indicate that Co-Q 10 could improve oxygen utilization in gingival tissue, and oral administration of Co-Q 10 to patients with periodontal disease showed improvement in suppressing gingival inflammation pocket depth and tooth mobility score.

CO-Q 10 AND DIABETES AND NEUROLOGICAL HEALTH

- . Studies indicate low levels of Co-Q 10 in diabetics, and supplementation may enhance carbohydrate metabolism, and may improve insulin sensitivity. Supplementation could lower the incidence of cardio-vascular problems, which are common in diabetics.
- . Co-Q 10 is responsible for producing energy to the mitochondria of the brain, and low levels interfere with proper brain function. Supplementation can enhance normal brain cell activity, help prevent free radical formations and may even slow down or possibly reverse some age-related brain disorders, such as Alzheimer's, Huntington's and Parkinson's.

BENEFITS OF CO-Q 10 PLUS

NATURAL CO-ENZYME Q 10 (produced from a special fermentation process) is more bioavailable than synthetic forms. This high concentration of 30 mg. of Co-Q 10 is in a mixture of beneficial ingredients in a soft gel, making it more potent and more easily absorbed.

VITAMIN E (NATURAL) AS MIXED TOCOPHEROLS. Vitamin E is important for cardio-vascular health. Since Co-Q 10 helps regenerate Vitamin E, combining them in this formula potentiates the effectiveness. Providing mixed Tocopherols, along with Tocotrienols enhances this complex.

RICE BRAND Oil is significantly better for transport and absorption than dry based materials. Rich in important TOCOTRIENOLS, which are a very important part of the Vitamin E family, with a unique "isoprene" tail. Vitamin E has been shown in numerous studies to be important in cardiovascular health and have beneficial antioxidant properties.

- . Medical research has noted the important anti-platelet aggregation properties of Vitamin E, showing its influence in vascular disease. By having an effect on prostaglandins and inhibition of platelet aggregation, Vitamin E helps to prevent blood clots. It is often used, in conjunction with aspirin, to help decrease the incidence of heart attacks and strokes.

- . Tocotrienols assist in preventing the progression of arteriosclerosis by protecting the lipid carrying molecules of the blood such as LDL and HDL.

- . Both Tocotrienols and Tocopherols have an important role in influencing serum cholesterol levels and their effects relate to cellular HMG-CoA reductase (or HMGCR) suppression.

BETA-CAROTENE helps with intestinal absorption so it can be transferred into the blood stream.

DIRECTIONS: 1 Soft gel per day, or as needed.

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