

I've heard of Co-Q 10...

The development of degenerative disorders such as cardiovascular disease, diabetes, kidney disease, and liver disease is a major factor in longevity.

CoQ10 is a primary nutrient that actively prevents these types of disorders.

Studies of supplementation with coenzyme Q10 (CoQ10) for the prevention or management of these disorders have that it reduces mortality by approximately 50% in patients with cardiovascular disease, or in the elderly.

CoQ10 also improves blood sugar control and vascular problems in type II diabetes, and improves renal function in patients with chronic kidney disease. Though still controversial, some preliminary evidence suggests that CoQ10 may help to prevent or treat the adverse effects, such as muscle pains and liver problems, of taking statin-type cholesterol drugs in patients with non-alcoholic fatty liver disease.

The benefits of supplemental CoQ10 result from a combination of its roles in cellular energy generation, as an antioxidant, and as an anti-inflammatory.

Hmm...sounds pretty important.

It is.

Foods naturally high in CoQ10 include organ meats, fatty fish, spinach, cauliflower and broccoli, oranges, strawberries, lentils, peanuts, and olive oil.

Want to know more? Ask me about CoQ10 next time you're in the office.