INTEGRATING
WESTERN MEDICINE,
NUTRITION AND
EASTERN TRADITIONS

# INTEGRATIVE MEDICINE

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## Super Q

#### WHAT IT IS:

A maximally absorbed, powerful anti-oxidant and anti-aging vitamin therapy

### WHY YOU NEED IT:

- Important anti-aging vitamin support
- Great for patients looking to reduce blood pressure and blood sugar
- Targets patients with migraines, fatigue, Parkinson's, breast cancer
- Active for patients with Congestive Heart Failure
- Good for patients taking statin cholesterol lowering medications

#### **HOW IT WORKS:**

CoEnzyme Q10 (CoQ10) is a necessary vitamin made in the body and found in foods such as meat, seafood and soy. CoQ10 acts as an anti-oxidant and also is necessary for normal organ functioning including the heart, brain, nervous system, arteries, and gums.

As a powerful anti-oxidant, CoQ10 helps to block oxidative damage to the blood vessels, heart, kidneys, and brain. Blood levels of CoQ10 build to their highest levels in the first 20 years of life and then start to decline so that by the time a person turns 80 their CoQ10 levels are less than they were at birth.

This loss of CoQ10 over time contributes to the aging process.

CoQ10 has been so well studied for its therapeutic health benefits that it is available only as a prescription in some countries such as Japan where it is the sixth best selling drug in Japan.

Certain medications can lower your natural levels of CoQ10 and this can increase the risks of side effects from medications and accelerate aging. These medications include blood pressure

medications (such as beta-blockers like propranolol and metoprolol), chemotherapy, and "statin" medications (such as Lipitor, Crestor, Pravachol, Zocor, Lescol). Statin drugs block cholesterol production in the liver and also inadvertently block the liver's production of this very important vitamin. Patients taking these medications (or herbs that similarly lower cholesterol) need to supplement with CoQ10 so that their bodies have therapeutic and protective levels of CoQ10.

CoQ10 is a powerful anti-oxidant and is necessary for cells to make energy. Without energy, cells die. Without protection from destructive oxidative forces, cells rapidly age and become vulnerable to disease.

CoQ10 is an important supplement because oxidation causes part of many diseases including heart disease, blocked arteries, high blood pressure, gum disease, Parkinson's, memory loss, fatigue, migraine headaches, nerve damage (neuropathy), and muscle aches.

CoQ10 also stimulates the immune system and is important for proper immune function. This important vitamin also supports patients with breast cancer who are looking for a survival advantage.

The side effects of some prescription medications occur because these medications lower the blood levels of CoQ10. These medications include some for the treatment of cancer, high cholesterol, and high blood pressure.

CoQ10 is a powerful and beneficial supplement, but most products are made with inferior, synthetic powders and gels that are not well absorbed. In clinical trials, Sure Sorb Q10 proprietary, patented, and all-natural CoEnzyme Q10 was absorbed nearly 800% better than synthetic, powdered CoQ10 and more than twice as well as the leading CoQ10 gel.

Sure Sorb Q10 represents the best of pharmaceutical grade effectiveness that is unmatched by any competitor product on the market today.

**Usual Dosage:** Take one capsule with food, one time daily for prevention, and two times daily for treatment or if you are on treatments that lower CoQ10 levels.