



**Great Lakes
Naturopathic Centre**

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Wellness

REVIEW

What can CoQ10 do for you?

Life in the 21st century is busy, busy, busy. As we age it is harder to keep up with the pace, and fatigue is increasingly common. There are many reasons why energy levels may decrease and fatigue can just be the tip of the iceberg. Co-enzyme Q10 is a nutrient that is often recommended to increase energy levels, and as you will learn, this nutrient does more than just address the tip of the iceberg!

Energy to Burn

Co-enzyme Q10, also referred to as CoQ10 or ubiquinone, is a fat soluble, vitamin-like substance which occurs naturally in every cell of the body. CoQ10 plays a vital role in helping the 'power houses' of cells, the mitochondria, to produce energy. Supporting mitochondrial function means the billions of cells in your body become very efficient at producing energy and you can feel the benefits with increased vitality and a regained zest for life.

An Essential Antioxidant

CoQ10 is also an antioxidant and protects your cells from damage by free radicals. Free radical damage is a natural process of ageing and CoQ10 can slow this process. CoQ10 is sometimes referred to as an anti-ageing nutrient and is a popular addition to cosmetic products for this reason. The anti-ageing properties of CoQ10 can be attributed to its potent antioxidant action.

CoQ10 – Your Heart's Best Friend

CoQ10 levels are highest in the hardest-working tissues of the body, especially the heart. The cells of the heart are extremely active and require a high energy supply to keep your 'ticker' ticking. CoQ10 supports this important energy production. As an antioxidant, CoQ10 protects the heart muscle from free radical damage and also prevents LDL cholesterol (the bad cholesterol) from being oxidised and causing plaque build-up in the arteries.

Maintaining healthy CoQ10 levels is fundamental for keeping your cardiovascular system healthy!

CoQ10 Supply Declines with Age

Just when the wrinkles start to show and we enter the age group of increased risk for cardiovascular disease, our CoQ10 levels and energy often start to decline. Certain drugs, such as those used to lower cholesterol, can also reduce your body's stores of CoQ10. It is not possible to get large amounts of CoQ10 from diet alone. Therefore, taking a daily CoQ10 supplement, especially as we age, can help to increase your energy levels, keep your cardiovascular system healthy and strengthen the body's antioxidant defence network.

Quality is the Key

There is a wide range of CoQ10 supplements available, but unfortunately some are not as effective as others. A CoQ10 supplement should be derived from a natural source, and needs to be in an appropriate oil base for optimal absorption. After all, there's no point spending your money on a supplement that your body can't use. CoQ10 delivered in the patented Ensorb™ base has 900% better absorption than powdered CoQ10 supplements, meaning that your body is better able to use this type of supplement and you will experience stronger and faster results.

Fatigue is a common problem and if you suffer with fatigue, you probably feel you don't have the energy to do anything about it! With our advice, boosting your energy doesn't need to be a struggle and CoQ10 may be the perfect supplement for you.

Talk to Tony today and arrange a time to discuss your energy needs and look forward to improved energy and vitality!

