

# CoQ-Clear™

- **Crystal-Free**
- **All Natural (non-synthetic)**
- **No Solvents Used**
- **Titanium Dioxide Free**
- **Lipid-Stabilized**
- **Unparalleled Absorption and Bioavailability.**

Bio-Equivalent Doses	
CoQ-Clear™	100 mg* =
Dry Powder	850 mg
Micelle	350 mg
Nano Particle	340 mg

*\*100 mg of CoQ-Clear™ is equivalent to the above mgs of these other forms.*

## Provides Protection Against Statin Toxicity

Statins, or 3-hydroxy-3-methylglutaryl Co A (HMG-CoA) reductase inhibitors, are effective drugs for lowering cholesterol. However, published data confirm that statins can cause myopathies (muscle disease), rhabdomyolysis (muscle damage), and renal failure. In May 2000, the FDA warned about liver failure with regard to statin drugs. Statins have been associated with an increased incidence of cataracts, cancer, peripheral neuropathies and some psychiatric disturbances.

Statins lower CoQ<sub>10</sub> levels in the heart, skeletal and liver tissues. In mice, statins lower ATP levels, and impair energy metabolism. Although package inserts and marketing material do not mention the statins-CoQ<sub>10</sub> link, two U.S. patents filed in January and February of 1989 and granted in 1990 describe a method for counteracting statin-associated myopathy and potential liver damage by concurrent administration of the statins with CoQ<sub>10</sub>. Both of these patents were assigned to Merck & Co.

With ever higher statin potencies and dosages, and with a steadily shrinking target LDL cholesterol, the prevalence and severity of CoQ<sub>10</sub> deficiency is increasing noticeably.

An estimated 36 million Americans are now using statin drug therapy. Statin-induced CoQ<sub>10</sub> depletion is well documented in animal and human studies with detrimental cardiac consequences in both animal models and human trials. This drug-induced nutrient deficiency is dose-related and more notable in settings of pre-existing CoQ<sub>10</sub> deficiency such as in the elderly and in heart failure.

We are currently in the midst of a congestive heart failure epidemic in the United States, and this epidemic may be due, in large part, to the excessive use of statin drugs and inadequate use of CoQ<sub>10</sub>.



### Recommended Daily Dosages:

Health Application/Benefit	Daily Dosage Level
Neurological Support†	1200mg - 2400mg
Cranial Vascular Support†	100mg
Cardiovascular Support†	100-250mg
Health†	100mg
Periodontal Health†	200mg
Cellular Health†	100-200mg
Blood Sugar Metabolism/Management†	50mg
Healthy Blood Vessel Flow†	300mg
Reproductive Health†	200mg

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