

CoQ10 is an antioxidant in red meat like a vitamin with healing abilities. Without it we'd die.

There are now many CoQ10s made by many companies with big differences from toxic to perfect.

From Al Sears, MD <alsearsmd@alsearsmd.com>

Every single organ in your body uses CoQ10 to get the energy they need to function, and if you don't eat red meat, you're not getting enough from your food.

Increased energy, improved metabolic function, cell protection, better cardiovascular health and weight loss are just the tip of the iceberg when it comes to the many health benefits my patients and I receive by taking our Accel CoQ10 daily.

Here are just some of the other ways Accel and Ultra Accel can help you live longer and feel better:

Heart health: According to the Journal of Cardiovascular Pharmacology, a number of clinical studies have found it promotes cardiovascular health.

Blood sugar: An Australian study showed that patients who took CoQ10 were able to maintain normal blood sugar levels.

Vision: In a recent clinical trial, taking CoQ10 for a year helped them see more clearly.

Cognition: An animal study performed at Johns Hopkins University found that CoQ10 supplementation improves learning and memory.

Bronchial health: Researchers in Texas found CoQ10 promotes bronchial health.

Gum health: CoQ10 can improve gum and oral health. 16

Clear-headed comfort: In one study, more than 6 out of 10 patients treated with CoQ10 daily reported feeling more clear-headed comfort.

Oxidative stress: CoQ10 is a powerful antioxidant, eliminating the free radicals that can cause damage to cell membranes and mitochondria.

Skin care: A German study showed that CoQ10 can help reduce the appearance of wrinkles and help protect skin from the damaging effects of too much exposure to sunlight. 19

Your CoQ10 levels may begin to drop in your twenties and continue declining as you age, I recommend it for anyone over.

And if you happen to take statins, supplementing becomes even more important because these drugs lower your levels of CoQ10.

Every cell in your body uses CoQ10 for high-octane energy, and your heart needs massive amounts of energy to pump blood. Avoiding red meat (beef and lamb) robs you of energy.

Red meat is the only dietary source of heart-critical CoQ10.

In my own practice I see it all the time - vegetarians with critically low levels of this vital nutrient an B12.

CoQ10 can be taken as a capsule.

This relatively new high power form of CoQ10 supplies your heart with so much power you just don't seem to slow down or get older.

Just a small increase in your heart's power can mean the difference in your overall health, between having the energy you want, or feeling tired and run down.

Are You Getting the Right Form of Vitamin E for Your Heart?

Having followed the advance of CoQ10 for over 20 years, especially the development of the reduced form, I'm privy to some of the new ideas and new formulas that aren't available to the rest of the country.

For the first time, a new form of CoQ10 is packed with a little-known form of vitamin E called tocotrienols. This kind of vitamin E is specifically geared toward heart health.

You won't find this form of Vitamin E in any multi-vitamin. CoQ10 with tocotrienols is a major step forward.

Combining the new, reduced form of CoQ10 with the heart-healthy form of vitamin E is your best bet to get the strongest possible pumping power. The two work synergistically, giving you the highest

level of energy and protection.

The descending blue line shows the loss of CoQ10 in your heart as you age. By the time you're in your late 70s, your levels of CoQ10 have dropped by more than HALF.

That's a significant loss of your heart's pumping power.

This is true of other organs too... your brain also uses a HUGE amount of CoQ10, as do your skin, pancreas, liver, kidneys and adrenal glands.

This loss of CoQ10 as you age is something I started seeing in my own patients 20 years ago. And when I did clinical testing, I noticed something, and...

It Changed My Life And The Way I Practice Medicine

What I found was that over 80% of my patients had critically low levels of CoQ10.

I first started tracking my patient's CoQ10 levels in the early 1990s.

Back then, very few doctors were doing this. I remember I had trouble finding a lab that could properly measure CoQ10 in the blood.

It was a long and expensive process but I knew I was on to something. Especially when I realized more than 80% of my patients had VERY low levels of CoQ10.

After several years of study and reviewing my patient's progress, I realized that their age-related-symptoms were tied to very low levels of CoQ10.

Heart concerns... fatigue... failing eyesight... even issues like shortness of breath and muscle weakness were all responding to treatment with CoQ10.

And that's no surprise. There are hundreds of studies archived at the National Institutes of Health (NIH) showing CoQ10 works directly in the mitochondria to increase energy production.

Remember, maintaining healthy levels of CoQ10 helps your cells perform their most basic functions. And that in turn, by keeping the levels higher helps us to live a fuller health span that we would otherwise expect.

But when you get your levels high enough, you can restore your brain power, heart strength, muscle performance and so much more.

HERE

From Dr Mercola 9 November 2014

CoQ10 by itself is also known as ubiquinone. To benefit from the form of the nutrient needed to produce cellular energy and help you reduce the typical signs of aging, your body must convert the ubiquinone to ubiquinol.

Ubiquinol exists everywhere there is life... it's ubiquitous!

The challenge you face as you age is this -- your body levels of CoQ10 continue to diminish.

In addition, your capability to convert CoQ10 to ubiquinol also declines. It becomes more and more difficult for you to produce the ubiquinol you need due to:

- Increased metabolic demand
- Oxidative stress
- Insufficient dietary CoQ10 intake
- Deficiency of factors required for biosynthesis and ubiquinol conversion
- Potential effects from illness and disease
- Age-related changes in your genes
- And any combination of these factors

Some reports say your CoQ10 level decline becomes apparent as early as your 20's.

Critical CoQ10 levels decline as you age. So I believe this is a must-have supplement!

The good news is with the Mercola Advanced Nutrition supplement, you now can have the ubiquinol formula direct... the active form of the CoQ10 nutrient .

Your added benefits from the ubiquinol formula can be significant as you...

- Potentially absorb more CoQ10 -- as shown in studies by enhanced blood plasma levels
- Become less dependent on your body to convert ubiquinone to ubiquinol... In the plasma of healthy humans, more than 90% of CoQ10 exists in the reduced form (ubiquinol).
- Absorb CoQ10 that's already in the active state your body needs
- Receive the reduced (unoxidized) form of CoQ10 for added cellular energy

- Get a strong first stage defense against oxygen free radicals to help you reduce the typical signs of aging and optimize your health

However, not everyone needs the ubiquinol formula. If you're younger than 25, your body should absorb regular CoQ10 just fine.

In fact, research studies show that younger people don't absorb ubiquinol as well as older folks. So if you're young, sticking to a regular formula makes more sense.

That's why I decided to offer both regular CoQ10 and ubiquinol-based CoQ10 in my line of Mercola Advanced Nutrition supplements.

Plus, I'm so convinced of the reduced aging and energy-boosting capabilities, I personally recommend Mercola Advanced Nutrition Ubiquinol to family and friends over 25.

And let me show you more on...

How to Help Turn Your Declining CoQ10 Levels into a Healthier YOU

The Mercola Advanced Nutrition CoQ10 and ubiquinol supplements can help you in many different ways to complement your healthy diet and energize your life.

- Help you produce more energy for your cells
- Act as a catalyst in your body's various chemical reactions, leading to the production of energy.
- Ignite your body's engine by jump-starting energy production in your cells.
- You'll enjoy your new-found energy and stamina levels.
- Boost your heart health
- Help strengthen your overall cardiovascular system.
- Help maintain and balance the critical energy level needed in your body's most vital muscle... your heart.
- Since you're passionate about life, you need an optimally-functioning heart.
- Act as an antioxidant to help protect you from free radicals
- Provide your body with added defense against oxidation stress to your cells, tissues, and organs.
- Help recharge other antioxidant nutrients to their active states -- and keep them working for you.
- You'll feel good about yourself, knowing you're taking steps to live a healthy life.
- Help you reduce the signs of normal aging
- Help you potentially feel more alert and responsive.
- By keeping blood levels high in CoQ10, help you maintain your vitality.
- You're determined to feel young and full of life... don't let aging get the best of you.
- Help you maintain blood pressure levels within the normal range
- Promote healthy blood circulation in your body and a more efficient heart.
- Research indicates maintaining proper levels of CoQ10 can help you maintain normal blood pressure levels.
- Just by knowing you're taking more steps to take control of your health, you could feel more relaxed and less stressed out.
- Provide a boost to your immune system
- Help promote your healthy immune system.
- Help support your immune system by providing a defense against free radicals.
- You'll feel great about yourself knowing you're taking action to potentially boost your immune system.
- Support your nervous system
- Help promote an active mind.
- Your brain is one of the most active organs in your body and requires uninterrupted energy.
- Nothing beats having an active mind to help you deal with all of life's challenges -- and to help you make healthy decisions for your family.

By now, you should see the power of CoQ10 and ubiquinol, and understand why I believe they

provide you with extraordinary benefits to complement your healthy diet.