

Co-Q10 Supreme is a unique combination of Co-Q10 (ubiquinone), the amino acid L-aurine, and natural vitamin E (d-alpha tocopherol succinate). This synergistic combination is designed primarily to assist those individuals with cardiovascular complaints including congestive heart failure (CHF)^{1,2} and systolic hypertension.³

Co-Q10

Co-Q10 has shown to be efficacious in a number of other clinically relevant areas including early Parkinsons,⁴ fibromyalgia (with Ginkgo biloba)⁵, migraine prevention⁶, and periodontal disease⁷. In a recent study, ubiquinone was proven to be helpful for type 2 diabetics, as it not only significantly decreased blood pressure, but hemoglobin A1C levels as well.⁸ These latter actions of ubiquinone in cardiovascular conditions are enhanced by the addition of L-aurine.

L-aurine

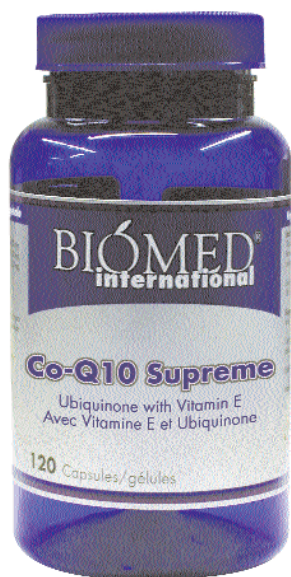
L-aurine, a sulphur containing amino acid, is one of the most abundant amino acids found in humans. As such, it has a wide number of physiological functions including: bile acid conjugation and prevention of cholestasis; central nervous system effects (e.g. inhibitory neurotransmission); endocrine/metabolic influences (e.g. diabetes/diabetic complications), antioxidant properties; and positive inotropic cardiovascular actions.⁹ Like Co-Q10, L-aurine is a key ingredient in the treatment of CHF as it helps to improve cardiac output.^{10,11,12} Moreover, L-aurine along with vitamin E and the prescriptive medication Diltiazem may help retard the progressive visual field loss seen in the disorder retinitis pigmentosa.¹³

INDICATIONS:

- CHF
- Hypertension (systolic)
- Periodontal disease
- Adjunct to fibromyalgia treatment
- Migraine prevention
- Adjunct in early Parkinsons disease
- Diabetic complications (nephropathy, retinopathy, elevated glucose levels, hypertension)
- Adjunct to retinitis pigmentosa therapy

Vitamin E

In addition to L-aurine and Co-Q10, this formula also contains natural vitamin E (d-alpha tocopherol succinate). By acting as a powerful antioxidant, vitamin E is well known to decrease coronary artery disease risk (especially in hypertensives) by preventing lipid peroxidation.¹⁴ Clinically, vitamin E has an additional number of therapeutic benefits for diabetics. This includes decreasing fasting blood glucose/fructosamine levels plus increasing insulin and C-peptide levels.¹⁵ Moreover, vitamin E (plus vitamin C) decreases albuminuria,¹⁶ and lowers inflammatory markers such as C reactive protein and IL-6 laboratory values in Type 2 diabetics.¹⁷ In Type 1 diabetes, high dose vitamin E increases retinal blood flow and normalizes elevated creatinine levels.¹⁸ Supplementation with d-alpha tocopherol also impacts the immune system with an increase in T-lymphocyte and T-helper cells in healthy individuals,¹⁹ the elderly,²⁰ and those with advanced colorectal cancer.²¹



Two capsules contain:

Ingredients:		Mode of Action:
Co-Q10 (ubiquinone)	100 mg	Increases cardiac output
Vitamin E (d alpha tocopherol)	300 IU	Prevents LDL oxidation
L-Taurine	300 mg	Increases cardiac output

Contains no wheat, corn, soy, yeast, dairy, artificial colors or preservatives.

Side effects: May cause gastrointestinal upset

Contraindications: Do not take during pregnancy or lactation. Do not use in individuals with known or suspected sensitivity to any of the above listed ingredients.

Warnings: Those taking anti-coagulants or anti-platelet aggregating medications such as Warfarin or Ticlid respectively should not take Co-Q10. In addition those with CHF should not suddenly discontinue Co-Q10 as a cardiac decompensation type reaction may occur.

ADULT DOSAGE: Take two capsules per day with food, or as directed by a

See back for references

COQ-10 SUPREME™

References:

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