Co-Q10 Supreme™

**Recommended Use:**
- Congestive heart failure
- Hypertension (systolic)
- Periodontal disease
- Adjunct to fibromyalgia treatment
- Adjunct in early Parkinson's disease
- Adjunct to retinitis pigmentosa therapy
- Diabetic complications (nephropathy, retinopathy, elevated glucose levels, hypertension)

Co-Q10 Supreme is a unique combination of Co-Q10 (ubiquinone), the amino acid L-taurine, 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), and systolic hypertension.

Co-Q10 is used to increase cardiac output. Co-Q10 has shown to be efficacious in a number of other clinically relevant areas including early Parkinson’s, fibromyalgia (with Ginkgo biloba), migraine prevention, and periodontal disease. 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. These latter actions of ubiquinone in cardiovascular conditions are enhanced by the addition of L-taurine.

**Medicinal Ingredients:**
- Taurine.............................................................................. 150 mg
- Vitamin E (d-alpha tocopheryl acid succinate)................. 133 mg
- Co-Q10 (Ubiquinone)......................................................... 50 mg

**Non-Medicinal Ingredients:** Microcrystalline cellulose, magnesium stearate, silicon dioxide, rice flour.

**Recommended dose (Adult):** Take 2 capsules per day with food or as directed by a health care practitioner.

**Caution/warnings:** Use only on the advice of a health care practitioner. Do not use if pregnant or breast feeding.

L-Taurine, 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. Like Co-Q10, L-taurine is a key ingredient in the treatment of CHF as it helps to improve cardiac output. Moreover, L-taurine along with vitamin E and the prescriptive medication Diltiazem may help retard the progressive visual field loss seen in the disorder retinitis pigmentosa.

**Vitamin E**
In addition to L-taurine 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. 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. Moreover, vitamin E (plus vitamin C) decreases albuminuria, and lowers inflammatory markers such as C reactive protein and IL-6 laboratory values in Type 2 diabetics. In Type 1 diabetes, high dose vitamin E increases retinal blood flow and normalizes elevated creatinine levels. Supplementation with d-alpha tocopherol also impacts the immune system with an increase in T-lymphocyte and T-helper cells in healthy individuals, the elderly, and those with advanced colorectal cancer.
References: