

# Co-Q10 Supreme

## Recommended Use:

- ▶ Congestive heart failure
- ▶ Hypertension (systolic)
- ▶ Periodontal disease
- ▶ Adjunct to fibromyalgia treatment
- ▶ Migraine prevention
- ▶ 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)<sup>1,2</sup> and systolic hypertension.<sup>3</sup>

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,<sup>4</sup> fibromyalgia (with Ginkgo biloba),<sup>5</sup> migraine prevention,<sup>6</sup> and periodontal disease.<sup>7</sup> 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.<sup>8</sup> These latter actions of ubiquinone in cardiovascular conditions are enhanced by the addition of L-taurine.

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.<sup>9</sup> Like Co-Q10, L-taurine is a key ingredient in the treatment of CHF as it helps to improve cardiac output.<sup>10,11,12</sup> 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.<sup>13</sup>

## 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.<sup>14</sup> 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.<sup>15</sup> Moreover, vitamin E (plus vitamin C) decreases albuminuria,<sup>16</sup> and lowers inflammatory markers such as C reactive protein and IL-6 laboratory values in Type 2 diabetics.<sup>17</sup> In Type 1 diabetes, high dose vitamin E increases retinal blood flow and normalizes elevated creatinine levels.<sup>18</sup> Supplementation with d-alpha tocopherol also impacts the immune system with an increase in T-lymphocyte and T-helper cells in healthy individuals,<sup>19</sup> the elderly,<sup>20</sup> and those with advanced colorectal cancer.<sup>21</sup>



### Medicinal Ingredients:

Each vegetarian capsule contains:

Co-Q10 (Ubiquinone) .....	50 mg
Taurine .....	150 mg
Vitamin E (d-alpha tocopheryl acid succinate) .....	132.91 mg AT

**Non-medicinal Ingredients:** Microcrystalline cellulose, magnesium stearate, silicon dioxide, hydroxypropyl methylcellulose.

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

**Recommended Duration of Use:** For prolonged use, consult a health care practitioner.

**Caution/Warnings:** Consult a health care practitioner prior to use if you are pregnant or breast feeding, or if you are taking blood pressure medication or blood thinner.

NPN 80000845 • 120 capsules



## References:

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