

## One of my favorite supplements!

*Written by Glenda*

As a general rule I wouldn't recommend relying on supplements when you can find the same benefits in food. But there is one supplement I have found to be extraordinary and my doctor friends are strongly suggesting to all their patients.

It is Coenzyme Q10 (CoQ10).

It supports your heart's energy output, and enhances your overall energy levels, stamina, immunity, and cellular health. The secret is its potent, natural form of CoQ10 paired with another powerful antioxidant, alpha lipoic acid...

CoQ10 has actually put cancer into remission and is such a powerful heart cure, it reverses heart disease. It acts like a generator for every organ in your body. It increases energy so all systems function at their best.

CoQ10 is key to the protection of your body's cells. Without enough CoQ10, your cells become weak and open to attack.

CoQ10 is proven to fight what many believe is the root cause of *all* disease: inflammation.

In fact, CoQ10 has so many benefits, it's surprising foods are not fortified with it.

The best natural source of CoQ10 is red meat, especially organ meat. This is how our ancestors got their dosages. If you are active and have no objection to eating meat, have a juicy steak a few times a week. However, I strongly suggest that it be from grass-fed sustainably grown sources.

If you are cutting down on meat or eliminating it altogether, then a supplement will be essential. This is where a special understanding can make all the difference.

What you want to get is CoQ10 in a highly potent ubiquinol form—a natural form your body needs and uses most. This is a water-soluble CoQ10, which is rapidly – and fully – absorbed into your system.

CoQ10 has been around for years. And it's been helpful. But there are major drawbacks to the old type of CoQ10: It's both weak and difficult to absorb. The trouble with most brands of commercially available CoQ10 supplements is that they use a cheaper form of the enzyme – known as *ubiquinone*. This form of CoQ10 is extremely difficult for your body to absorb.

So the label *says* the pill contains X amount of CoQ10. And it probably does. But only a tiny fraction of that is actually absorbed by your body. The rest is passed as waste. So it never reaches the cell membranes and walls where it's needed most. In fact, most people over 50 have a hard time converting ubiquinone into its usable form. The lion's share of valuable CoQ10 disappears – making it impossible to give your cells the protection and nourishment they need.

Read the label. But the easiest way to tell the difference between ubiquinone and ubiquinol is that ubiquinone is a white powder, and ubiquinol is a liquid encased in a gel caplet. With ubiquinol, your body absorbs up to 8 times more CoQ10 than with ordinary CoQ10 supplements. Better absorption means you can get more CoQ10 in your system while actually taking fewer pills.

The usual recommendation is to take 50 mg a day as a “baseline” preventative. If there are health problems, then the dosage can gradually be increased up to 400 mg.

Every tissue in your body responds to CoQ10. So, every disease or dysfunction responds well when it's added to your diet. When you take CoQ10, you should feel more energy, greater endurance, and quicker, clearer thinking. These benefits are well established.

This information is from Dr. Tatsumasa Mae, the world's leading CoQ10 researcher.