CoQ10 Breakthrough!

A New Form of this Miracle Nutrient is 8 Times More Powerful…

By Al Sears, MD

I just had a meeting with the Japanese company that pioneered the now famous heart and brain miracle, CoQ10. Dr. Mae, their leading researcher traveled to my clinic here in south Florida and unveiled his latest breakthrough – **CoQ10-H_2 –** a super-charged new version of CoQ10.

If you're 50 or older, this is good news. This new form of CoQ10 may give you the opportunity to live disease free for the rest of you life.

Today, I'll show you how this new form of CoQ10 gives you greater power to prevent and reverse disease. You'll also discover that it ramps up your energy levels and slows your aging process down by a remarkable 51 percent.

New Delivery System Boosts Your Blood Levels of CoQ10

In the two decades since CoQ10 made its debut, it's become one of the most popular – and powerful – nutrients ever discovered. Prior to its arrival in the US, it was used exclusively by the Japanese as a prescription drug to treat heart disease.

Today, we know that CoQ10 does a lot more than just treat heart disease.[1] It destroys free radicals and protects all your major organs, including your brain.[2] By providing energy to each and every cell in your body, it extends your life and dramatically slows the degenerative effects of aging.

At the core of this new CoQ10 is the particular form of the nutrient you take.

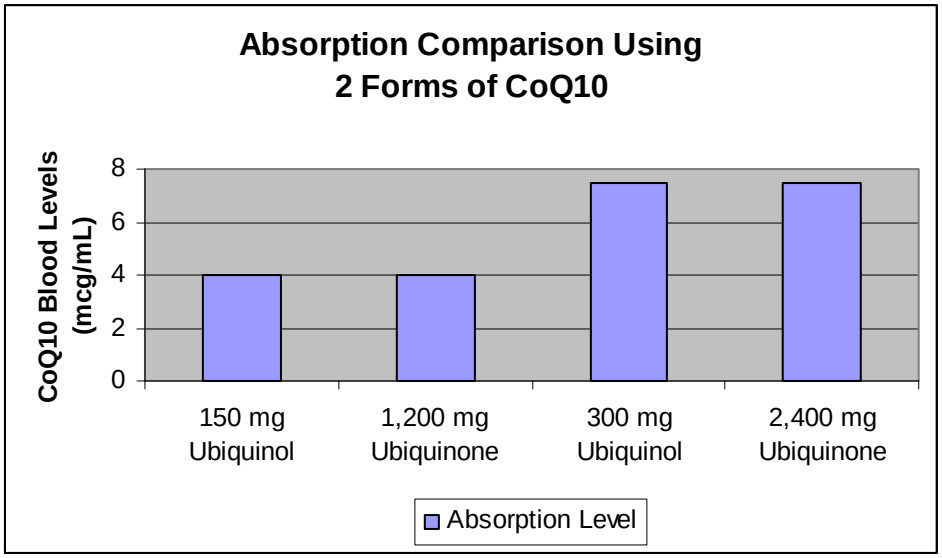
Traditionally, all CoQ10 supplements use the active ingredient *ubiquinone*. But once this gets into your system, your body must convert ubiquinone into another substance called *ubiquinol*.

<u>Ubiquinol is the form of CoQ10 that works miracles</u>. But there's a problem… Your body's ability to convert ubiquinone into ubiquinol starts to decline after age 45. As a result, your body doesn't get the full effect. And in many cases – if you're 50 or older – traditional CoQ10 won't give you the same disease protection it gives to younger people.

But Japanese researchers recently discovered a reliable way to skip the conversion process and take ubiquinol straight on its own. The idea has been around for some time. But until now, no one could figure out how to make ubiquinol stable enough to take on its own.

This new option provides 8 times higher absorption of CoQ10 and keeps your blood levels high over an extended period. And high blood levels is what you need to delay the effects of aging and the diseases they bring.

Ideal blood levels of CoQ10 for fighting disease – even neurological conditions like Parkinson's – are considered to be 3.5 micrograms per milliliter (mcg/ml).[3] In the graph below, you can see the remarkable absorption power of the new CoQ10-H_2 (ubiquinol) and how it compares with the traditional ubiquinone.



Just 150 mg of the new CoQ10-H_2 elevates blood levels to almost 4 mcg/ml. You would need 1,200 mg of the traditional form to match that effect. And when you double the dose of ubiquinol to 300 mg – an ideal dose for disease reversal – you'd have to take a whopping 2,400 mg of the traditional CoQ10 to equal that power. (High doses of the traditional CoQ10 are inefficient and very expensive…)

What may be even more important is how long ubiquinol stays in your body compared to the old ubiquinone. In one study using mice, the new ubiquinol was present in the blood at a **3.75-fold greater concentration after 8 hours**. (A blood level of 4.5 mcg/ml after 8 hours of taking 100 mg.)[4]

This high concentration staying in your system for 8 hours is one of the keys to its disease-fighting potential. The same amount of traditional ubiquinone dropped to a low level (just 1.2 mcg/ml) after 8 hours – too low to have a powerful disease fighting or anti-aging effect.

CoQ10 Wipes Out Heart Disease and Slows the Damaging Effects of Aging

There have been at least 100 studies at major universities and hospitals linking CoQ10 deficiency with heart disease alone. CoQ10 is required for deriving energy from oxygen. Without it, energy-guzzling organs like your heart, brain, kidneys and liver suffer.

Deprive your heart of CoQ10 and its energy drops, making it hard to pump blood. If your heart pumps less blood than it receives, fluid backs up and your heart swells like a water balloon. We call this congestive heart failure.

There is no better treatment for congestive heart failure than the simple oral administration of CoQ10. In my experience, it has worked better than any medication I have ever used. Many cases appear to be completely resolved after CoQ10 treatment.

Many cases of high blood pressure share a similar mechanism. About 50 percent of patients coming to me already on high blood pressure medications have stopped that medication with nothing more than adding CoQ10.

CoQ10 is in high concentrations in the brain where it helps to generate much needed energy. Brain levels begin declining at the age of 20 and are lowest in stroke victims and those with neurodegenerative diseases. There is growing evidence that CoQ10 is neuroprotective and may stave off the very difficult problem of loss of memory with age.

In addition to supplying energy, CoQ10 is a powerful antioxidant. The "slow burn" we use for fuel tends to damage tissues like fire oxidizes everything it contacts. The action of antioxidants quenches this fire in adjacent structures and protects them from damage.

The new form of CoQ10 – ubiquinol – makes these protective benefits even greater and more reliable. And the cost of getting a therapeutic level will drop dramatically.

What's more, new research is opening up a new world of CoQ10 benefits. These include:

- **Diabetes:** An Australian study found that patients with type II diabetes who took 200 mg of CoQ10 a day over 12 weeks showed improved blood sugar control.[5]

- **Vision and Eye Health:** A recent double-blind, placebo-controlled clinical trial demonstrated that adults with early macular degeneration who supplemented with a combination of CoQ10, acetyl-L-carnitine, and omega-3 fatty acids for one year improved their visual function.[6]

- **Allergies:** Researchers in Texas found low CoQ10 levels in people suffering from rhinitis and other allergies; they believe that further studies will show that CoQ10 can manage a wide array of allergy syndromes.[7]

- **Gum Disease:** Topical CoQ10 application improves the gum health of people suffering from periodontal disease, and also speeds tissue healing following periodontal surgery.[8]

- **Migraines:** 32 patients with a history of episodic migraine were treated with 150 mg of CoQ10 daily. More than 60 percent of the patients experienced a 50 percent or greater reduction in the number of days they suffered headaches. After three

months of supplementation, their migraine frequency fell by an average of 55 percent.[9]

The New CoQ10 Slows Your Aging Process by an Extra 22 Percent

During his visit, Dr. Mae gave me an exclusive look at their 15-month study testing ubiquinol on mice. They split the mice into three groups. One group of mice received a standard lab diet with no CoQ10. The second group received the same diet with the traditional ubiquinone form of CoQ10. The final group received the lab diet with the new form of CoQ10.

At 12 months of age – the point that translates into late middle age for humans – the mice who took the new ubiquinol aged at a rate ***22% slower*** than those taking the regular CoQ10 and ***51% slower*** than the mice taking no CoQ10.

It's hard to translate those numbers into real benefit. But Dr. Mae showed me a video of the mice during the experiment – and the differences were jaw dropping…

The mouse who received no CoQ10 was unresponsive and immobile. It had spinal and limb deformities, lesions in and around the eye and a discolored coat. Overall, it looked like a dried-up corpse.

The mouse who received the traditional ubiquinone form of CoQ10 had irritation around the eyes, a bent backbone and some discoloration of its coat. But in general, it looked a lot better than the mouse who received no CoQ10.

Remarkably, the mouse who took the new ubiquinol (CoQ10-H_2), looked responsive and energetic – with no physical deformities, no lesions and had a bright, glossy coat. It resembled a young, healthy mouse. In spite of the fact that the mouse was actually very old – the equivalent of a human in their 80s or 90s.

Don't Throw Away Your "Old" CoQ10…

The new form of CoQ10 does not make the "old" CoQ10 obsolete. But the new form is essential for older folks. As you've seen, your body has to convert regular CoQ10 into ubiquinol once it gets into your blood stream. And that becomes increasingly difficult the older you get.

The new form gives people over the age of 50 a super-charged dose of disease-fighting power. Unlike anything ever discovered in the history of medicine.

The magnitude of this discovery cannot be understated.

What's more, Dr. Mae has granted me a license for CoQ10-H_2. This is a great privilege and I'm thrilled to be one of the very few doctors in the world with a license to carry CoQ10-H_2.

Editor's Note: Dr. Al Sears, MD is fast becoming the nation's leading authority on longevity and heart health. Since the release of his book, ***The Doctor's Heart Cure***, he has been interviewed on over two dozen nationally syndicated radio programs with an audience nationwide.

Dr. Sears recently published ***PACE: Rediscover Your Native Fitness*** and ***High Speed Fat Loss in 7 Easy Steps***. Both became bestsellers during their first month of release. Since 2001, he's published over 500 articles and 6 books in the fields of alternative medicine, anti-aging and nutritional supplementation – with a readership of millions spread over 23 countries.

He currently publishes a monthly e-Newsletter – ***Health Confidential*** – and a twice-weekly e-mail broadcast – ***Doctor's House Call***. He's also the featured health writer for the widely read newsletter ***Early to Rise***, which publishes his ***Health Briefs*** three times a week.

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