

Alternative Health Associates, Ltd.

Dr. Gail Kopin ND

@ Lake Zurich Family Treatment Center

DrGailND@alternativehealthassoc.com



Co Q 10

CO Q 10 a high antioxidant Is found in the mitochondria of cells and is necessary for energy production. Co Q 10 is involved in the manufacturing of ATP (adenosine triphosphate) which is the energy currency of all body processes, and is important for all essential health to tissues and organs. It is similar to vitamins E and K- in which it helps slow down free radical formation and damage to a cell. A good analogy is that it is the spark plug to a car engine. The car cannot function without CoQ10 or the initial spark. The human body cannot function without CoQ10 like the spark plug for the car. Co Q10 is found in these foods: beef, peanuts, salmon, sardines, and spinach, yet not everyone consume enough of these foods. Also, most of our food chain is polluted with toxins. Therefore, by supplementing with Co Q10 the benefits can be wonderful. Co Q10 it benefits: Angina, high blood pressure, mitral valve prolapse, congestive heart failure, gum disease, a lowered immune system, arrhythmias, poor energy, stroke, diabetes and muscular dystrophy.

Ref: *Energique, Inc. Vitamins, Herbs, Minerals & Supplements-The Complete Guide* by Winter Griffith M. D. and *Prescription for Natural Healing* by James Balch M.D 2 nd edition.

Please take daily as a wellness and/ or prevention nutraceutical. A liquid capsule is truly the best. Please realize that every manufacturer is different when it comes to quality. If you would like to obtain from our office please contact us at 847-955-0800. Contact Cheryl@alternativehealthassoc.com If not, go to your local health food store and inquire what is their best liquid Co Q 10 that they have. Dosage suggested is 200 -mg to 300 mg per day depending on need and body weight. Beware of internet websites, unless you are aware of the manufacturer. Prices usually are: \$ 30.00 on an average.. Also, if you are taking blood thinners please contact me or your current medical doctor.