**COMPLETE®**

**COENZYME Q-10 PLUS**

<table>
<thead>
<tr>
<th>Form</th>
<th>300 mg tablet</th>
</tr>
</thead>
<tbody>
<tr>
<td>Daily intake</td>
<td>1 tablet per day (with meal that contains some fat)</td>
</tr>
<tr>
<td>Active ingredients (daily intake)</td>
<td>Coenzyme Q10 30 mg, standardized Green Tea extract 90 mg, Vitamin C (as ascorbic acid) 60 mg</td>
</tr>
<tr>
<td>Application</td>
<td>Food supplement, additional source of coenzyme Q10, polyphenols of Green Tea and vitamin C</td>
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</tbody>
</table>

**Daily intake**

*will provide with*

30 mg of coenzyme Q10

and 81 mg of

Green Tea polyphenols

<table>
<thead>
<tr>
<th>Item N 0225</th>
<th>60 tablets</th>
<th>60 days supply</th>
</tr>
</thead>
<tbody>
<tr>
<td>Item N 0226</td>
<td>90 tablets</td>
<td>90 days supply</td>
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</tbody>
</table>

I. ITEM INTRODUCTION

I.I. INGREDIENTS OF COENZYME Q-10 PLUS ARE FOUND TO BE BENEFICIAL FOR THE FOLLOWING AILMENTS:

- Heart failure
- Blood pressure (hypertension)
- Atherosclerosis
- Coronary artery disease
- High cholesterol and blood sugar
- Coronary heart disease
- Congestive Heart Failure (CHF)
- Cardiac arrest
- Cardiomyopathy
- Migraine headaches
- Diabetes
- Male infertility
- Obesity
- Alzheimer's dementia (AD)

I.II. PROPERTIES OF COENZYME Q-10 PLUS INGREDIENTS:

- Coenzyme Q10 strengthens the heart, which has enabled 43% of patients with various forms of cardiovascular disease to discontinue from 1 to 3 medications within 4 to 6 months. Coenzyme Q10 is involved in the production of adenosine triphosphate (ATP), which is the high-energy fuel for all living cells.

- Coenzyme Q10, Vitamin C and Green Tea – are the strongest anti-oxidants. Green tea contains the highest concentration of powerful antioxidants called polyphenols. Free radicals contribute to the aging process as well as the development of a number of health problems, including cancer and heart disease. Antioxidants such as polyphenols in Green tea can neutralize free radicals and may reduce or even help prevent some of the damage they cause. One cup of Green tea can provide the same potential for improving antioxidant status as around 150 mg of pure vitamin C.

Green tea prevent atherosclerosis, particularly coronary artery disease; lowers total cholesterol and raises HDL ("good") cholesterol; protects against cancers; controls blood sugar; prevents the development of type-1 diabetes and slow its progression; protects the liver; boosts metabolism; helps burn fat; reduces the risk of all cause mortality.
1 cup of tea a day shown to reduce the risk of heart attack by almost 50%, 3-4 cups a day decreases the risk of death from coronary heart disease by 58%.

I.III. COENZYME Q-10 PLUS IS RECOMMENDED TO:

- Individuals with symptoms of weakening heart, especially with symptoms of heart failure, higher blood pressure (hypertension), atherosclerosis, coronary artery/heart diseases, high cholesterol and blood sugar, congestive heart failure (CHF), cardiac arrest, cardiomyopathy, migraine headaches
- Individuals with symptoms of coenzyme Q10 deficiency, especially suffering from diabetes, male infertility, obesity, Alzheimer's dementia (AD)
- Elder people
- Healthy individuals, as a preventive measure against heart-related illnesses (mentioned in I.I.)

II. INFORMATION FOR SPECIALISTS

REPORTED BENEFITS OF COENZYME Q-10 PLUS INGREDIENTS:

Coenzyme Q10 (molecular formula: C_{59}H_{90}O_{4}) is an important nutrient in the human body. It is a fat-soluble vitamin-like compound that is also known as ubiquinone (the word ubiquitous means “everywhere”). Coenzyme Q compounds are synthesized in the cells of all living organisms including plants, animals, and humans. There are 10 coenzyme Q compounds that occur throughout nature, but only coenzyme Q10 is synthesized in humans.

1. CARDIO HEALTH

Coenzyme Q10 strengthens the heart, which has enabled 43% of patients with various forms of cardiovascular disease to discontinue from 1 to 3 medications within 4 to 6 months. Reducing or discontinuing prescription medications must be supervised by the attending physician.

**Heart failure:** there is some clinical evidence that supplementation with coenzyme Q10 is beneficial in treatment of patients with congestive heart failure.

**Blood pressure:** there are several reports concerning the effect of coenzyme Q10 on blood pressure in human studies. In a recent (2007) meta-analysis of the clinical trials of coenzyme Q10 for hypertension, a research group led by Professor Frank Rosenfeldt (Director, Cardiac Surgical Research Unit, Alfred Hospital, Melbourne, Australia) reviewed all published trials of coenzyme Q10 for hypertension, and assessed overall efficacy, consistency of therapeutic action, and side-effect incidence. Meta-analysis was performed in 12 clinical trials (362 patients) comprising three randomized controlled trials, one crossover study, and eight open-label studies. The research group concluded that coenzyme Q10 has the potential in hypertensive patients to lower systolic blood pressure by up to 17 mm Hg and diastolic blood pressure by up to 10 mm Hg without significant side-effects.

At an average dose of coenzyme Q10 225mg/day resulted in a significant lowering of blood pressure and 56 of 109 patients (51%) were able to completely discontinue use of from 1 to 3 antihypertensive medications within six months.

**Atherosclerosis:** Coenzyme Q10 is transported throughout the body by being packaged into the LDL + VLDL fractions of cholesterol. Thus, this important antioxidant may be one of the most important agents to prevent and treat atherosclerosis due to its ability to prevent the oxidation of LDL-cholesterol.

**Congestive Heart Failure (CHF):** Coenzyme Q10 is a critical adjuvant complementary therapy for patients with congestive heart failure; it improves quality of life and increases survival. In a review of studies, it was reported that coenzyme Q10 improves ejection fraction, exercise tolerance, cardiac output, and stroke volume in patients with CHF.

**Cardiac arrest:** another recent study shows a survival benefit after cardiac arrest if coenzyme Q10 is administered in addition to commencing active cooling of the body to 32–34 degrees Celsius.

**Cardiomyopathy:** Coenzyme Q10 strengthens the heart, substantially reduces mortality and is shown to be a safe and effective in long-term therapy for chronic cardiomyopathy.
Migraine headaches: supplementation of coenzyme Q10 has been found to have a beneficial effect on the condition of some sufferers of migraine headaches. Dosages were 150 to 300 mg/day.

2. ENERGY PRODUCTION
Coenzyme Q10 plays a role in the production of energy within the mitochondria. Coenzyme Q10 is involved in the production of adenosine triphosphate (ATP), which is the high-energy fuel for all living cells.

3. IMPORTANT ANTIOXIDANT
Coenzyme Q10 protects cellular membranes throughout the body from oxidative damage. It is uniquely able to reside in mitochondrial cell membranes where it provides protection against mitochondrial DNA free radical damage.

Other clinically confirmed benefits:
**Diabetes:** many diabetic individuals have a deficiency of, and low activity of coenzyme Q10 synthesizing enzymes; coenzyme Q10 deficiency may hinder the ability of the pancreas to produce insulin.

**Infertility (male):** in infertile men, one study reported an inverse correlation between coenzyme Q10 content and sperm count in seminal plasma and the percentage of sperm with abnormal morphology. In another study, treatment with coenzyme Q10 resulted in improved sperm motility and improved rates of fertilization.

**Obesity:** approximately 50% of obese patients were found to be coenzyme Q10 deficient and those taking coenzyme Q10 lost more than twice as much weight as controls.

**Alzheimer's dementia (AD):** there is good evidence from randomized controlled trials to support the use of coenzyme Q10 in the treatment of Alzheimer's dementia (AD). Based on its potential efficacy in AD, coenzyme Q10 may have additive effects with other herbs taken for Alzheimer's.

Since coenzyme Q10 is a fat-soluble substance, absorption depends upon an individual's fat digestion efficiency. Coenzyme Q10 is best absorbed if it is taken with a meal that contains some fat so that fat digestion is initiated.

Green tea is made from unfermented leaves and reportedly contains the highest concentration of powerful antioxidants called polyphenols. Antioxidants are substances that scavenge free radicals - damaging compounds in the body that alter cells, tamper with DNA (genetic material), and even cause cell death. Many scientists believe that free radicals contribute to the aging process as well as the development of a number of health problems, including cancer and heart disease. Antioxidants such as polyphenols in Green tea can neutralize free radicals and may reduce or even help prevent some of the damage they cause.

One cup of Green tea can provide the same potential for improving antioxidant status as around 150 mg of pure vitamin C.

Green tea has been extensively studied in people, animals, and laboratory experiments. Results from these studies suggest that Green tea may be useful for the following health conditions:
- Antioxidant properties of Green tea may help prevent atherosclerosis, particularly coronary artery disease.
- Research shows that Green tea lowers total cholesterol and raises HDL ("good") cholesterol.
- Numerous clinical studies have shown that polyphenols of Green tea help protect against cancers. Researchers also believe that polyphenols help kill cancerous cells and slow their progression. Green tea shown positive clinical results for the following types of cancer: bladder cancer, breast cancer, ovarian cancer, colon or rectal cancer, esophageal cancer, lung cancer, pancreatic cancer, prostate cancer, skin cancer, stomach cancer.
- Green tea has been used traditionally to control blood sugar in the body. Green tea may help prevent the development of type-I diabetes and slow the progression once it has developed by regulating glucose in the body.
- Green tea seems to protect the liver from the damaging effects of toxic substances such as alcohol.
- Clinical studies suggest that Green tea extract may boost metabolism and help burn fat.
- Studies also show that drinking Green tea is associated with reduced risk of all cause mortality.

People consuming at least one cup of tea a day reduced their risk of heart attack by almost 50%,
References:
3. Peter H. Langsjoen, University of Washington, INTRODUCTION TO COENZYME Q10 (accessed 13 November 2008)


