

Coenzyme Q10

Not just a scientific buzz word, Coenzyme Q10 is an essential component of youthful looks and abundant energy ...

The anti-oxidant properties of Coenzyme Q10 help slow the aging process helping produce ATP, the body's energy supply.

It is a fat-soluble coenzyme that is in high demand in every cell of our body. We each have our own level of Coenzyme Q10 usually around 500 - 1,500mg. With roughly 1,400mg circulating in our body at age 21 the enzyme then begins to decline reaching less than 50% of optimal levels by time we're fifty. Acquired through proper diet and also manufactured in the liver, the daily requirements are usually met without supplementation. However there are factors that can lower our levels, especially considering the stress we face living modern lives. Deficiency can occur as a result of insufficient dietary intake (notably devoid in micro-waved food), impaired synthesis, excessive food and alcohol consumption from stress and overwork or a combination of all three. Interestingly CoQ10 rapidly declines with exposure to electromagnetic radiation; computers, TV and mobile phones.

Health benefits of Coenzyme Q10

May help prevent heart disease and improve condition after a heart attack or surgery. Prevents cells from degenerating and potentially increasing longevity. May help maintain a youthful complexion and keep skin radiant from cells being nourished from the inside out.

Who may benefit Supplementation?

- The elderly who maybe more exposed to risk of major illness and disease.
- Anyone wanting to slow the aging process and feel more vital.
- Shift workers who may not get adequate nutrition and sleep.
- Anyone exposed to high levels of electromagnetic radiation.
- Sports people or anyone who engages in regular exercise, to support the cardiovascular system.

The average daily requirement for Coenzyme Q10 to prevent deficiency is 5mg per day, which can be obtained from food or supplement.

Dietary Sources of Coenzyme Q10 (100g serving)

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|------------|---|-------|
| • Meats: | Organ Meats | 2.8mg |
| | (brain, liver, heart, tongue, kidney etc) | |
| | Beef | 2.8mg |
| | Chicken | 1.6mg |
| • Nuts: | Walnuts | 1.9mg |
| | Pistachio Nuts | 2.0mg |
| | Peanuts | 2.7mg |
| • Seafood: | Salmon and Sardines | 6.4mg |
| | Yellowtail | 2.0mg |
| • Seeds: | Sesame Seeds | 2.0mg |

Intense exercise also improves the transport of Coenzyme Q10 from the serum to the Heart and Muscles helping overall wellbeing. In conjunction with a balanced lifestyle of work, rest and play an equally balanced diet is a sure way to feel good and stay looking young.

There are many different brands of Coenzyme Q10 available that are usually in capsule form, but your health professional can advise you further with a product to suit your particular needs.

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