



CoQHeart®

with Q-Trol™

Help Power a Healthy Heart*

THE CHALLENGE

Your heart pumps approximately 2,000 gallons of blood throughout the body every day. As the hardest-working muscle in your body and the circulatory system's main control center, your heart requires a significant amount of energy to function properly. That energy is made available with the help of a nutrient called coenzyme Q₁₀ (CoQ₁₀), which also plays a role in supporting blood vessel health. CoQ₁₀ is produced naturally by the body and is present in all cells. Dietary intake helps maintain CoQ₁₀ levels; however, the amount of CoQ₁₀ consumed from foods is typically less than 10 mg a day. More important, factors such as poor diet, aging, and daily exposure to free radicals may increase the need for this crucial nutrient.

DID YOU KNOW?

- Your heart beats 100,000 times a day
- The aorta, the largest artery in the body, is almost the diameter of a garden hose
- The use of certain medications can reduce CoQ₁₀ levels in the blood

SOLUTION

CoQHeart® with Q-Trol™ Help Power a Healthy Heart*

CoQHeart features an all-natural proprietary blend of 100 mg CoQ₁₀ plus resveratrol in a bioavailable softgel. CoQ₁₀ has been shown to:

- Support energy production in the heart*
- Promote and protect healthy arteries against LDL oxidation*
- Help replenish and maintain CoQ₁₀ levels in the blood*

CoQHeart also contains resveratrol, which has been shown in laboratory studies to help relax blood vessels and promote healthy blood flow.*

THE SHAKLEE DIFFERENCE

What makes Shaklee CoQHeart® unique:

- ✓ Contains a proprietary blend of CoQ₁₀ and resveratrol, ingredients that help produce energy to power your heart
- ✓ Heart-healthy olive oil delivery system
- ✓ All natural

WHO SHOULD TAKE CoQHeart?

- Healthy adults 18 and older concerned about their heart function and artery health.
- Adult men and women who take certain medications that may lower CoQ₁₀ levels in the blood.
- If pregnant, nursing, or if taking blood thinning or blood pressure medications, consult your physician prior to using CoQ₁₀.

CLINICALLY TESTED KEY INGREDIENTS

Coenzyme Q₁₀. CoQ₁₀ is a fat-soluble nutrient produced in the body and present in all cells. Higher concentrations of this nutrient are found in organs that work extra hard and require a significant amount of cellular energy to function, such as the heart, the liver, the kidneys, and the pancreas.

CoQ₁₀ is vital to the trillions of cells in the body that must make their own energy to survive. To make energy, cells burn sugars and fats that come from the foods we eat. These nutrients are broken down and carried through an energy-producing pathway that requires CoQ₁₀. This energy-producing process is repeated thousands of times a second and fuels your beating heart and other body organs that require a continuous flow of energy. Without CoQ₁₀, cells would not be able to produce energy and organs would not be able to function properly.

CoQ₁₀ is also known for its potent antioxidant activity, protecting cell membranes from free radicals. As an antioxidant, CoQ₁₀ helps protect arteries against the oxidation of low density lipoproteins (LDL). This is important as it helps promote the function of blood vessels, including those that transport blood to the heart.

Resveratrol. Resveratrol is a phytonutrient found in red wine, red-grape skins, and purple grape juice. Like CoQ₁₀, resveratrol plays a role in heart and blood vessel health. In laboratory studies, resveratrol has been shown to help reduce the oxidation of LDL and to promote blood vessel relaxation. The more relaxed blood vessels are, the wider they open to promote healthy blood flow.

DIETARY INTAKE OF CoQ₁₀

Dietary intake helps maintain CoQ₁₀ levels. However, the amount of CoQ₁₀ consumed from foods is typically less than 10 mg a day. Supplementation is beneficial; to get the **same 100mg of CoQ₁₀ in CoQHeart**, you would have to eat 6 ¼ pounds of beef or 100 cups of broccoli. Take a look at the chart below to see the amount of CoQ₁₀ in some commonly consumed foods:

Food	Serving	CoQ ₁₀ (mg)
Beef	3 ounces	2.6
Chicken	3 ounces	1.4
Peanuts, roasted	1 ounce	0.8
Broccoli, boiled	1/2 cup, chopped	0.5
Orange	1 medium	0.3
Strawberries	1/2 cup	0.1
Egg, boiled	1 medium	0.1

Source: *J Food Comp Anal.* 2001;14(4):409-417.

TIPS TO HELP KEEP YOUR HEART HEALTHY

1. Watch what you eat. A diet low in saturated fat, trans fat, cholesterol, and sodium—but high in fiber—promotes a healthy heart.
2. Achieve a healthy weight. Too many calories and not enough exercise can promote weight gain. Modest weight loss of 5%–10% of your weight can improve heart health, if overweight.
3. Stay Active. Get at least 30 minutes of exercise each day. Even a simple but brisk walk can make a big difference.
4. Don't smoke. Smoking makes your heart work harder and can increase blood pressure.
5. Laugh more. Studies show laughing can relax blood vessels and contribute to a healthy heart.
6. Take your supplements. Supplement your diet with CoQHeart®, which delivers 100 mg of CoQ₁₀ plus resveratrol in a bioavailable softgel.

REFERENCES

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