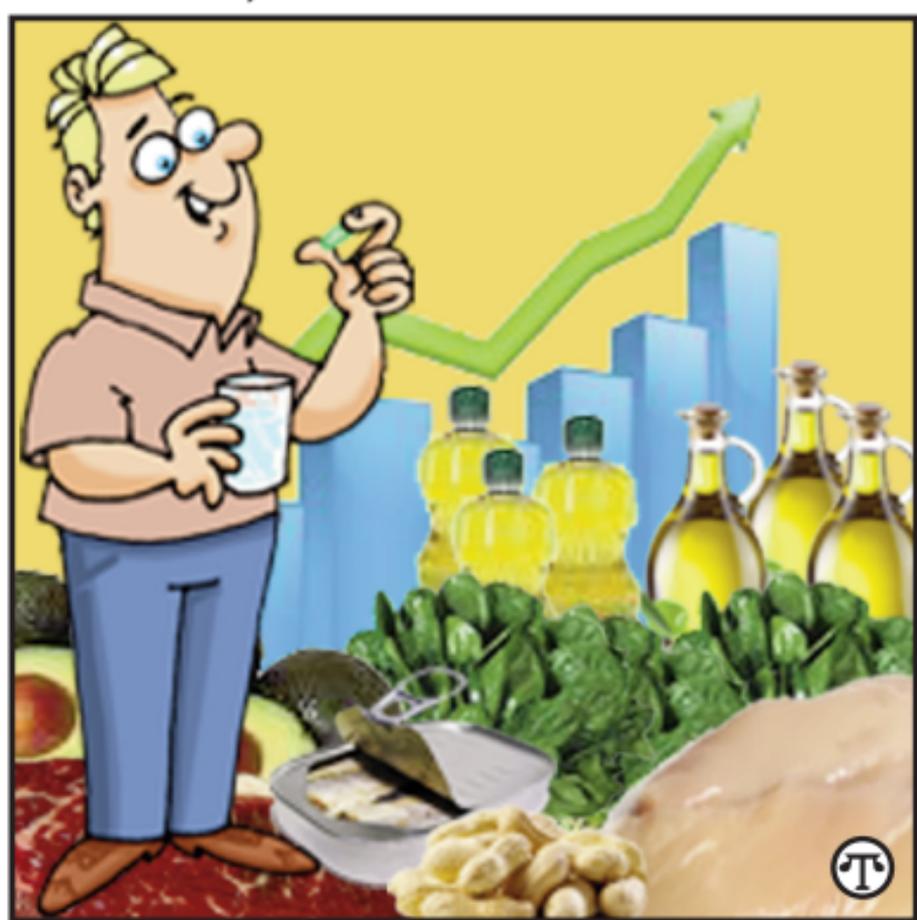


Health & Nutrition

Assessing Supplements

(NAPSA)—Sometimes, a healthy diet alone can't provide all the nutrients you need.

Explains nutritionist Keri Glassman, best-selling author of "The New You (and Improved!) Diet," CoQ10 is essential for heart health. It's found in oily fish, meat, whole grains, certain vegetables, and olive, canola and sesame oils.



Certain nutrients are hard to get from food alone. Having a heads-up on the type of nutritional supplement to take is important.

There's not enough of this vital nutrient in normal portions, however. Also, Glassman says, there's a significant difference between conventional CoQ10 and its pre-converted Ubiquinol form.

"Ubiquinol, the natural active form of CoQ10, is a substance produced in the human body until around age 30," she explains. Glassman tells clients there's a time and place for supplements and recommends that anyone over 30 take the Ubiquinol form of CoQ10.

Optimal Ubiquinol levels help support cardiovascular, neurological and liver health. It's the strongest known lipid-soluble antioxidant and may help counter unwanted side effects of statin drugs.

Learn more at www.ubiquinol.org.