

Health And Well-Being

How To Reduce Statin Side Effects

(NAPSA)—If your doctor ever prescribes medication to keep your cholesterol in check, you'll be in good company. More than 18 million Americans protect their health by taking statin drugs to prevent cholesterol from causing plaque buildup in the arteries.

The Problem

Unfortunately, some statin side effects can put a dent in quality of life: An alarming number of people on statin therapy complain of muscle weakness and cramps, joint soreness and chronic fatigue.

An Answer

If you're one of those who live with these side effects, here's some good news: Current research suggests that supplementing your diet with Ubiquinol, the reduced antioxidant form of Coenzyme Q10, could help put the spring back in your step. Ubiquinone (also known as conventional CoQ10) and Ubiquinol are both forms of CoQ10. More than 90 percent of the CoQ10 in the plasma and tissue in a healthy person is in the Ubiquinol form. If you're above 30 years of age or are sick, Ubiquinol is more easily absorbed by the body and has been shown in every major clinical trial to far outperform conventional CoQ10.

The Reason

Research has uncovered another side effect of statin drugs: interference with the body's ability to produce cellular energy. When you're young and healthy, your body produces this essential spark that ignites energy stored in mitochondria, the site of cell energy production. As you age, the body's ability to produce and metabolize CoQ10 decreases drastically. A supple-



The side effects of cholesterol-lowering statin drugs can have a big effect on your health.

ment containing the reduced form can help restore optimal levels in blood plasma and tissues.

A Columbia University study found that 30 days of statin therapy (80 mg/day) decreased existing CoQ10 levels by half. Another study, completed at Kanazawa University in Japan, revealed that after eight weeks of 10 mg/day statin therapy, patient CoQ10 levels decreased by 40 percent.

"Depletion of CoQ10 can critically decrease energy production and aerobic capacity required for normal heart function," explains Dr. Robert J. Barry.

Supplementing your body with the reduced form of CoQ10 called Ubiquinol could be a prudent defense against the muscle soreness and fatigue associated with taking statin drugs. Studies show that taking a daily dose can make up for age-related shortfalls, banishing fatigue for 94 percent of those who took the supplement for three months.

Free Samples

You can learn more and order a free sample online at www.ubiquinol.org.