

# Healthy Living

## Taking Nutritional Supplements To Heart

(NAPSA)—Some healthy habits have had consequences.

For example, nearly 16 million Americans take drugs, such as Zocor®, Lipitor® and Pravachol®, to help lower their cholesterol levels. But according to physician Michael Hirt, M.D., who teaches at the UCLA School of Medicine, drugs taken to lower cholesterol—called statins—may also deplete a vital nutrient.

### Statins deplete CoQ-10

Statins block the production of excess cholesterol in the liver. Yet the same part of the liver that produces cholesterol also produces a beneficial antioxidant called coenzyme Q10 (CoQ-10).

A vitamin-like nutrient, it is essential for energy production and heart health. Blocking CoQ-10 production can cause the body to experience a CoQ-10 deficiency. Taking a CoQ-10 supplement can raise your levels back to normal.

“When statin drugs inadvertently reduce CoQ-10 levels as they reduce cholesterol production, it can lead to muscle weakness,” Hirt says. “CoQ-10 provides powerful health benefits to your most important muscle, the heart, by helping the heart produce the energy it needs to expand and contract.”

### Help for Parkinson's

According to Hirt, the supplement has also been clinically shown to help people with Parkinson's disease, a degenerative neurological disorder which currently



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has no treatment to slow its progression.

For Hirt's patients who aren't suffering from Parkinson's disease, he recommends a lower dosage of CoQ-10: “100-300 mg a day is a safe and appropriate dosage,” said Hirt. He also advises checking with the family doctor first to determine the right dosage for your needs.

Although CoQ-10 is naturally present in foods such as beef heart, pork, anchovies and sardines, the average American falls well short of the recommended intake. It would take eating six pounds of sardines a day to equal the amount of CoQ-10 contained in one 200 mg softgel.

For more information about the benefits and scientific support of CoQ-10, call 1-800-276-2878 or visit [www.NatureMade.com](http://www.NatureMade.com).