

Feel **YOUNGER, STRONGER** and **HEALTHIER** with Nature's Gift Biosorb CoQ10



How Important is CoQ10 as a Supplement?

Dr. James F. Balch, M.D. and Phyllis A. Balch, C.N.C., described the importance of CoQ10 in "Prescription for Nutritional Healing" (page 10): "Coenzymes Q10 declines with age and should be supplemented in the diet. It plays a crucial role in the effectiveness of the immune system and in the aging process.

The New England Institute reports that Coenzyme Q alone is effective in reducing mortality in experimental animals afflicted with tumours and leukemia. Clinical tests are being used along with chemotherapy to reduce the side effects of the drugs.

In Japan, it is used in the treatment of heart disease and high blood pressure, and is also to enhance the immune system. Research has revealed that use of Coenzyme Q10 benefits allergies, asthma, and respiratory disease, and it is used to treat the brain for anomalies of mental function such as those associated with schizophrenia and Alzheimer's disease. It is also beneficial in aging, obesity, candidiasis, multiple sclerosis, periodontal disease, and diabetes. AIDS is a primary target for research on Coenzyme Q10 because of its immense benefits to the immune system. Early research in Japan has shown Coenzyme Q10 to protect the stomach lining and duodenum. It may help heal duodenal ulcers. Coenzyme Q10 has the ability to counter histamine and is valuable to allergy and asthma sufferers. The use of Coenzyme Q10 is a major step forward in the prevention and control of cancer".

**Why do you feel drained?
Why do you lack energy?
Why do you age faster
than you should?**

You may be deficient in Coenzyme Q10 (CoQ10); thus, your cells may be energy starved.

What is CoQ10?

CoQ10 is a vitamin like enzyme found in every one of the cells in your body. It is essential for cell, tissue, and organ health. It is a powerful antioxidant which is needed for every process of life. It provides the "spark" which cells need to initiate energy. From birth, everyone has a large supply of CoQ10 but this supply declines rapidly as we age. Most people after the age of 30 have a declining level of CoQ10.

Are All CoQ10 Supplements the Same?

There are many CoQ10 supplements available commercially. Be cautious when you purchase them. Not all products offer it in its purest form. Besides, not all are equally absorbed into the body. Natural CoQ10 is oil soluble and therefore CoQ10, in its natural form, would require an effective oil medium to be absorbed into the blood stream.



What are the Different Kinds of CoQ10 that are Commercially Available?

There are several kinds of CoQ10 in the market. Generally, they fall in the following categories:

1. CoQ10 which is water soluble and which has molecules that have been reduced to a smaller size than the natural ones

Natural CoQ10 is oil soluble and its molecules are about 25 microns in size. The natural CoQ10 that exists in our body is of such nature as well. Water soluble CoQ10 supplements and/or CoQ10 with molecules that are reduced into a smaller size are processed and not natural to the body. They are not the kind of CoQ10 which the body will use.

2. CoQ10 mixed with different forms of oil, often in a hydrogenated form.

Doctors involved in the natural healing of cancer often forbid the consumption of all forms of oil, except Flaxseed Oil. As such, CoQ10 in this category is not suitable as a dietary supplement for the cancer patients. Further, if hydrogenated oil is present, then it is not healthy for consumption.

3. CoQ10 without the presence of oil

Because natural CoQ10 is oil soluble without the right medium of oil present, it is hardly absorbed into the body.



Advanced Formula - Nature's Gift Biosorb CoQ10 60mg

Through extensive research, NewLife™ International has developed a special advanced formula of Coenzyme Q10 that is synergistically blended with essential fatty acids found in flax seed concentrate to enhance the bioavailability of CoQ10. This essential fatty acid from flax seed concentrate provides the special "transport system" for the CoQ10. With this special advanced formula of CoQ10, you can be assured that it will be fully absorbed and not eliminated out of your body. This would mean greater absorption, a higher blood level of CoQ10, and faster results.

SPECIAL FEATURES:

- It is specially blended with essential fatty acids from flax seed concentrate, which provides a special "transport system" to enhance the bioavailability of CoQ10.
- The capsules used are veggie capsules (made from vegetable cellulose). Ideal for vegetarians.

How much CoQ10 should one take?

There is no definite dosage determined. The need depends very largely on one's age and health. The more energy is needed, the more CoQ10 is required. Generally, for health maintenance, 60mg to 120mg of CoQ10 daily is recommended. If the body is under stress, or ill, the need for CoQ10 would be much more. Some doctors recommend as much as 600mg daily as supplements for cancer patients.

**For further information on Coenzyme Q10, please read the book
"Coenzyme Q10 - Is it our New Fountain of Youth?" by William H. Lee, R.Ph., Ph.D.**

Disclaimer: The information presented here is purely for educational purposes. This is not a prescription for self-diagnoses or self-medication. Consult your own physician for his recommendation regarding your symptoms or medical condition.

生物吸收性辅酵素Q10

保持青春、活力与健康秘诀



辅酵素Q10补充品有何重要呢?

詹姆斯包兹医生和菲莉丝包兹合格营养顾问在他们的著作《自然疗法的处方》第10页, 描述了辅酵素Q10的重要性: 辅酵素Q10在随着年龄增长而减少, 因此补充辅酵素Q10对人体是非常重要的。它在免疫系统和老化过程中扮演一个十分关键的角色。新英格兰学院的试验报告显示单独辅酵素Q10能有效地减少患有肿瘤和白血病动物的死亡率。临床实验证明辅酵素Q10和化疗一起使用, 可减少药物的副作用。在日本, 它被用来治疗心脏病和高血压, 并且也用来提升免疫系统。研究证明辅酵素Q10有助于改善过敏症、哮喘和呼吸道疾病, 它也被用来治疗脑部精神疾病, 例如精神分裂症和老年痴呆症。它能够明显改善老化、肥胖、念珠菌症、多发性硬化症、牙周病和糖尿病。由于它对免疫系统有巨大的好处, 因此爱滋病便成为研究辅酵素Q10的一个主要目标。早期在日本的研究显示辅酵素Q10能保护胃内壁和十二指肠。它也帮助愈合十二指肠溃疡。辅酵素Q10有能力抵抗组织胺, 对过敏和哮喘受害者有帮助。辅酵素Q10也能够预防癌症甚至有自接的医疗效果。

您为什么感觉疲劳?
您为什么缺乏精力?
您为什么提前老化?

您可能是缺乏辅酵素Q10; 结果导致细胞缺乏所需的能量。

什么是辅酵素Q10呢?

辅酵素Q10是人体内的一种维生素。对身体的细胞、组织和器官健康十分重要。它是我们生命的每个过程所需要的强性抗氧化剂。它提供细胞需要的“火花”以产生能量。出生时我们拥有大量的辅酵素Q10, 不过随着年龄的增长, 辅酵素Q10也随之迅速流失。大多数人在30岁以后, 辅酵素Q10的水平就开始明显下降。

所有辅酵素Q10补充品都是同样的吗?

市场上有许多辅酵素Q10的补充品。购买时, 必须谨慎。不是所有的产品都能提供最纯净的成分。此外, 吸收率和功能也不一致。天然辅酵素Q10是脂溶性的, 因此辅酵素Q10在自然形式, 必须有油为媒介物, 才能够更加彻底地被血液吸收。



在市场上售卖的辅酵素Q10有哪几种？

通常在市场上售卖的辅酵素Q10可以分为以下几种：

1. **水溶性。** 还有其分子比自然辅酵素Q10的份子还小。
天然辅酵素Q10是脂溶性的，其分子大约是25微米，这与我们身体里的自然辅酵素Q10是相同的。水溶性的或已被处理分解为更小分子的辅酵素Q10补充品，是人造加工且不自然的。它们不是我们身体所能接受吸收的辅酵素Q10。
2. **混合了不同油脂的辅酵素Q10。** 它们大多都已被氢化。
癌症自然疗法医生通常禁止病人采取任何的脂肪/油，唯一例外的只有亚麻籽油。因此混合了不同油脂的辅酵素Q10补充品是不适合癌症患者的。此外，如果已被氢化，那么它更不适合服食而且对健康有害。
3. **没有油成分的辅酵素Q10。**
由于自然的辅酵素Q10是脂溶性的，因此没有适当油成分的辅酵素Q10是无法被人体吸收。



先进的配方—— 大自然恩物 生物吸收性CoQ10 60毫克

通过深入的研究，国际新生命发明一个独特先进的配方：即特殊混和了浓缩亚麻油中提供的基本脂肪酸的辅酵素Q10。此配方提高了辅酵素Q10的生物利用率，这是因为浓缩亚麻籽油中的基本脂肪酸能提供辅酵素Q10特别的“输送系统”，能确保辅酵素Q10完全有效地被人体吸收和不会被排泄体外。这也意味更加卓越的吸收率、血液中有更高的辅酵素Q10水平、和迅速达到理想的效果。

产品特色：

- 特殊混和了浓缩亚麻籽油中提供的基本脂肪酸，进而提供特别的“输送系统”，因此提高辅酵素Q10的生物利用率。
- 使用的胶囊是素食者胶囊（蔬菜纤维素制成）。适合素食者。

应该服食多少辅酵素Q10？

其实没有一定的准则。服食剂量需要视各人年龄和健康状况而定。如需要能量更多，那么服食剂量也就需要更多。通常，为保健作用，建议使用剂量是一天60毫克-120毫克。若压力大或生病时，身体对辅酵素Q10的需要就更多。有些医生推荐癌症患者一天采用高至600毫克。

欲知关于辅酵素Q10的详情，请阅读李威廉所著的《辅酵素Q10—青春之泉？》。

声明：以上所提出的内容纯粹为教育性。这不是自我诊断或自我疗程的一张处方。请向您的医师咨询关于您的症状或健康状况。