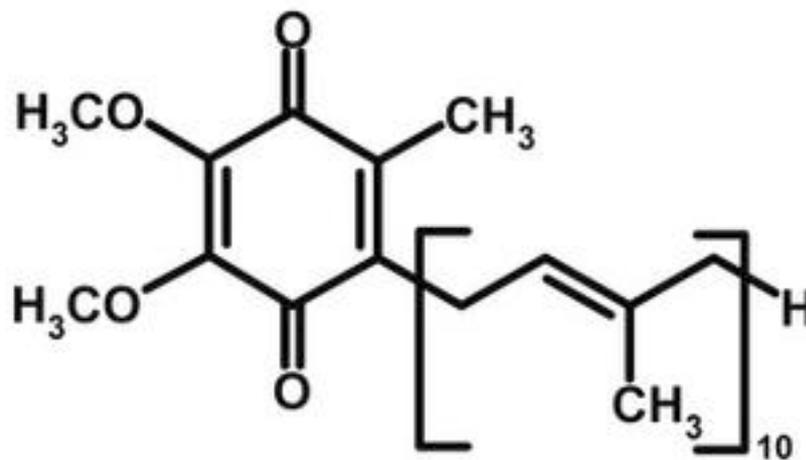


News from industry and medicine

Coenzyme Q10, or CoQ10, is a substance the body naturally makes, although this amount tends to decrease with age (fig.). This substance is necessary for cellular health and growth. It is also an antioxidant, which helps protect against cell damage from free radicals. The Linus Pauling Institute estimates that in the United States individuals typically get approximately 10 mg daily of CoQ10 from dietary sources, and only a healthy, balanced diet provides enough CoQ10 for health. Q10 is found in the following different foodstuff:



1. Meats. Meats are a good source of CoQ10. According to Iowa State University, 3 oz. of beef contains 2.6 mg of CoQ10, 3 oz. of chicken contains 1.4 mg, and 3 oz. of pork chop has 1.2 mg. CoQ10 is found in the highest quantities in red meats, particularly organ meats like liver.

2. Oils. CoQ10 is also found in some oils, like soybean, rapeseed and sesame oils. Depending on where the oils were processed, the level of CoQ10 may vary due to processing differences that can affect nutritional content. The Linus Pauling Institute states that soybean oil contains 1.3 mg of CoQ10, and canola oil has 1.0 mg.

3. Nuts and Seeds. Nuts and seeds also contain CoQ10, although to a lesser extent than other foods. One ounce of

peanuts, sesame seeds and pistachio nuts contain 0.8, 0.7 and 0.6 mg of CoQ10 respectively, according to the Linus Pauling Institute.

4. Fruits and Vegetables. Fruits and vegetables contain minimal amounts of CoQ10 and should not be a primary source of the nutrient. The Linus Pauling Institute states that 1/2 cup of boiled broccoli or cauliflower contains 0.5 and 0.4 mg of CoQ10, respectively. Oranges and strawberries contain small amounts of CoQ10. It is important to note that when these foods are fried, they lose a percentage of CoQ10, but this does not occur when these foods are boiled. As far as the vegetable family is concerned, broccoli contains one of the highest levels of coenzyme Q-10 cites the Linus Pauling Institute. According to the Institute, a 1/2 cup serving of boiled broccoli will supply you with 1/2 milligram of the needed nutrient. Cauliflower is another good source of the nutrient cites the USDA. A one-half cup serving of this vegetable will contain close to one-half milligram of coenzyme Q10.

5. Fish. Oily fish is an important source of CoQ10, particularly oily fish like salmon or tuna. Herring and trout are also fairly high in CoQ10, with 3 oz. of each containing 2.3 mg and 0.9 mg, respectively.

6. Fruits. Even though lower in coenzyme Q10 content than red meats and vegetables, there are two fruits that can supply you with some amounts of the nutrient. A medium-sized orange contains one-third milligram of coenzyme Q10 cites the Linus Pauling Institute. If oranges are not to your liking, a standard 1/2 cup serving size of sliced strawberries will contain a helpful 1/10 milligram of the nutrient.

7. Seeds and Nuts. Sesame seeds, peanuts and pistachio nuts are all good sources of the nutrient cites the Linus Pauling Institute. According to the Institute, 1 ounce servings of these seeds and nuts will contain more than 1/2 milligram of coenzyme Q10. For instance, this serving size of peanuts

contains the largest amount at .8 milligrams. Pistachio nuts, cites the Institute, contains the least with a respectable .6 milligrams worth of the nutrient. These nuts and seeds are categorized as heart healthy by the American Heart Association since they can help protect cardiovascular health.

The importance of Q10

The body produces and uses this vitamin-like substance Coenzyme Q10, or CoQ10, to support its immune system and as an antioxidant. CoQ10 helps basic cell functioning while the body's available supply decreases with age. According to MayoClinic.com, individuals with some chronic diseases including heart disease, diabetes and cancer show low CoQ10 levels. The University of Maryland suggests an appropriate adult dosage of CoQ10 in the range of 30 to 200 mg per day and recommends use in children only under the supervision of a health care provider.

Meat and Fish. Relatively good food-based sources of CoQ10 include animal products such as beef, pork and chicken with organ meats such as the heart ranking highest. Oily fish such as sardines, herring, salmon and mackerel offer useful quantities of dietary CoQ10. According to the Linus Pauling Institute at Oregon State University, a 3 oz. serving of fried beef contains 2.6 mg of CoQ10 with herring offering 2.3 mg and fried chicken 1.4 mg. Getting all the CoQ10 needed from food presents challenges because of the relatively low amounts available even in foods with the highest content values.

Oils. Two cooking oils provide CoQ10: canola and soybean. Soybean oil contains polyunsaturated fatty acids and a tbsp of soybean oil provides 1.3 mg of CoQ10. To ensure a healthy lifestyle, stay away from hydrogenated soybean oils; select instead the new, low-saturate soybean varieties. Nutritionists and health care providers including those from MayoClinic.com recommend canola oil for its low saturated

fat and high proportion of monounsaturated fat. A tablespoon of canola oil provides 1 mg of CoQ10.

Fruits and Vegetables. Only small amounts of CoQ10---less than .5 mg per serving---come from fruits and vegetables. The best sources include spinach, cauliflower and broccoli with strawberries a distant fourth providing only .1 mg in a 1/2 cup serving. Although frying vegetables reduces CoQ10 by approximately 14 to 32 percent, the vegetable's CoQ10 content did not change when boiled. Adding pistachios or peanuts to vegetable dishes increases the CoQ10 available.

Although the amount of CoQ10 obtainable from food seems small, research indicates that the body's ability to create CoQ10 combined with a healthy diet ensures that most people do not have a deficiency. However, today's diet, especially the modern western diet has undergone a dramatic process of denaturalization in order to extend shelf-life. Therefore our diet cannot not be considered as sufficient containing a suitable amount of Q10, making substitution a real need in today's world. When, however, should Q10 be supplemented. There are a variety of indications where supplementation of Q10 is advisable or even necessary in order to maintain sufficient function and health.

Statins and Myalgia due to lack in Q10 production.

Statins are popular drugs that aim to lower the levels of cholesterol in the blood. Statins are one of the most common and effective medications used to lower cholesterol. In fact, millions of Americans take them each day. Most have no issues, but some people report muscle pain and weakness while on the drug. ...Statin-induced myalgia and myopathy are the most prominent side effects of these drugs. But more importantly, statins also inhibit the production of coenzyme Q10 in the cells, which results in decreased blood levels of

this important nutrient. Therefore, depletion of Q10 and statin-induced myalgia are biochemically connected.

But aside from such medication-induced side effect which can be corrected with Q10 supplementation, there are other causes where a supplementation is advised. This is because Coenzyme Q10, also called CoQ10, is a compound that is a core molecule involved in energy production in the center of the cell known as the mitochondria. It plays a vital role in making ATP, the main product used for proper function of every cell. Thus, patients with the the following ailment should be given additional Q10

1. The patient with gum disease
2. The pregnant woman
3. The patient with congestive heart disease
4. The patient with restless leg syndrome
5. The patient with migraine
6. In male infertility
7. The depressive patient
8. The patient with low thyroid function
9. Patients with elevated blood pressure (hypertonia)
10. Data support the notion that in Alzheimer
11. And last but not least according to a study published in May 1997 in "Biochemical and Biophysical Research Communications," patients diagnosed with cancer appeared to have serious deficiency in CoQ10. Specifically, cases of breast cancer, melanoma and myeloma were strongly associated with CoQ10 deficiency.

What is the optimal way in restoring q10 levels ?

In order to reach optimal Q10 levels ranging between 1.2-1.8 µg/ml plasma a sublingual spray presents the most officious way for replenishing a low Q10 level. This is because reabsorption through the mucous membranes is much faster

that the oral. Intestinal way, and second by bypassing the first-pass effect of the liver where there is a breakdown of the agent. Thus, higher plasma levels can be achieved much faster restoring a deficient energy level within the vital organelles of the cells, the mitochondria. A dose between 10-30 mg is sufficient to give immediate energy within a short period of time resulting in a quasi-immediate burst of physical and mental power.

Because our solution does not contain any artificial sweeteners, coloring, flavoring, additives or preservatives all of which are deleterious for the cellular mitochondria, it can be considered as one of the safest supplements. This special design by Sedamed Company of Switzerland gives you the guarantee to obtain a quality product which has undergone thorough testing and which can be considered as a green supplement. Studies with our special preparation have conclusively demonstrated that within one hour after a sublingual sprays, there is a 30% increase in blood plasma level of Q10 which demonstrates a high percentage of bioavailability. This is in complete contrast to other products on the market, which have to be taken orally, are poorly reabsorbed via the intestine, and undergo first-pass biodegradation within the liver resulting in lower plasma concentrations than expected. The addition of Vitamin E and evening primrose into solution is the secret resulting in a unique blend of supplements when facing the daily chore in business, and competition or when wanting to increase stamina in the elderly population. #

Small dose –big effect is the proverb

For further information contact:

Lowlife PLUS,

Phone. +49 (0)4503/707527

Fax: +49 (0) 4503/707529

E-Mail: kontakt@lolafe.de

Internet: www.q10.aktiv.de
www.lolafe.de or
Seamed Health Care AG Zürich
Member European Chamber of
Economics Switzerland
Tel.: +41 44 4506960
Fax: +41 44 4506961
E-Mail: sedamed@gmx.de
sedamed@gmx.ch
Internet: www.sedamed.ch
sedamed@gmx.ch
Scientific advisor
Prof. Dr. Enno Freye

Q10 is supplied in a combination of Vitamin E and primrose in
a 30 ml vial

Recommendation of use: In case of need apply 10 sprays of
0.13 ml each on the buccal membranes of the oral cavity, do
not swallow let sit there for at least 15 minutes

Additional important message.

Do not exceed the recommended daily allowance

The product is in no way able to replace a balanced healthy
diet.

The product should be stored in a cool and safe environment
out of the reach of children, although even when ingested by
accident no side effects are encountered