

Is your cholesterol medicine damaging your heart?

More than 95% of all cholesterol medicines prescribed are statins.

Research published in the February 2006 edition of the Journal of Cardiology¹ showed that, although they reduce cholesterol, the “statin” class of cholesterol lowering medicines damage the heart muscle, by depleting the body of an essential heart-protective nutrient called co-enzyme Q10.

This and other research² also shows that by supplementing with co-enzyme Q10, this risk is 100% prevented as is the muscle pain³, a common side-effect of statins.

There are two forms of co-enzyme Q10, ubiquinone and ubiquinol: The best form is ubiquinol because it is **8x better absorbed and 66% more effective** at protecting the heart than the ubiquinone form⁴.

UBIQUINOL Co-enzyme Q10 by SOLAL Technologies is the ONLY brand in South Africa that contains the ubiquinol form.

Heart disease is the number one cause of deaths in South Africa after HIV/AIDS. People as young as 30 are dying of heart attacks. Yet it is a completely preventable disease.

For complete cardiovascular protection, no doctor can refute this wise approach to heart-disease preventive health: The following should be taken for heart protection, even if you are young and apparently healthy:



- 1. Ubiquinol co-enzyme Q10™** – the most important heart protective nutrient known. Take 2 capsules after supper.
- 2. Magnesium glycinate** – the most absorbable and effective form of magnesium. Take 2 capsules twice daily.
- 3. Fish Oil Omega 3 Extract™** – the purest omega 3, filtered to remove all toxins. Take 2 capsules after supper.
- 4. Stress Damage Control™** – with Rhodiola rosea herbal extract, to protect from the 600% increased risk of heart attack that stress causes. Take 2 capsules after breakfast.

[References: (1) M. Silver et al, *Effect of atorvastatin on left ventricular diastolic function and ability of coenzyme Q to reverse that dysfunction.* The American Journal of Cardiology, Volume 94, Issue 10, Pages 1306 – 1310, 2006; (2) Bargossi, A. M., et al; *Exogenous CoQ10 supplementation prevents plasma co-enzyme Q10 reduction induced by HMG-CoA reductase inhibitors (statins).* Mol Aspects Med. 15(Suppl.):S187-S193, 1994; (3) Kelly, P. *Co-enzyme Q10 Improves myopathic pain in statin-treated patients.* Abstract 1001-1117. American College of Cardiology 54th Annual Scientific Session, Orlando Florida, 2005; (4) Hosoe K, Kitano M, Kishida H, et al. *Study on safety and bioavailability of ubiquinol after single and 4-week multiple oral administration to healthy volunteers.* Regul Toxicol Pharmacol. 2006 Aug 17.]

PRESCRIBED BY DOCTORS
RECOMMENDED BY PHARMACISTS™

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