

# 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 Cardiology<sup>1</sup> 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 research<sup>2</sup> also shows that by supplementing with co-enzyme Q10, this risk is 100% prevented as is the muscle pain<sup>3</sup>, 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 form<sup>4</sup>.

**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™

South African Pharmacy Council reg nr Y52793

**SOLAL**  
TECHNOLOGIES  
ANTI-AGING SPECIALISTS™

Available from Doctors, Dischem, leading pharmacies, health shops and SOLAL Technologies:  
www.solaltech.com • ph 011 7833939 • solal@solaltech.com