



Is Your Co-enzyme Q10 Obsolete?

There are 2 forms of co-enzyme Q10:
Ubiquinone & Ubiquinol.

Ubiquinol co-enzyme Q10 is 8 times better absorbed than the ordinary ubiquinone form⁷⁻¹¹. It is also **40% more effective at slowing down aging and protecting the heart**³⁴, and is almost **twice as effective at preventing fatigue**³⁸.

Solal Technologies is the **ONLY** company that supplies Ubiquinol Co-enzyme Q10 to the South African market.

ALL other co-enzyme Q10 products contain the less effective ubiquinone form.

Other reasons why Solal's Ubiquinol co-enzyme Q10 is best:

- ✓ it **maintains CoQ10 blood levels 66% better**¹² than ordinary co-enzyme Q10. These sustained levels are **essential for heart protection**.
- ✓ it **enters cells more easily** and it is therefore more able to keep cells alive by supplying energy to the mitochondria within the cell⁴⁸.
- ✓ it is **already in the body's 'ready-to-use' form**. The ubiquinone form must first be converted into the active ubiquinol form before the body can use it. This conversion process is slow, and slows down even more with aging. This makes it **especially important to use the ubiquinol form as one gets older**.
- ✓ it **ensures the correct ratio of ubiquinol:ubiquinone** in the blood (above 90%)¹.

There are 3 causes of low ubiquinol levels:

Age⁴³⁻⁴⁵, **Diseased states** (e.g. diabetes, heart disease) and **Cholesterol medicines** (known as "statins")³⁹⁻⁴². The irony is that at the time that you need to protect your heart the most (when you are getting older, have a disease such as diabetes, or are taking cholesterol lowering medicine), you have the least available heart-protecting ubiquinol in the blood.

In fact, **taking statin cholesterol medications, without supplementing with ubiquinol, can cause severe heart damage**⁴⁹⁻⁵¹.

If you are aging, suffer from any disease, or are taking statin cholesterol medicines, it is imperative that you supplement with Ubiquinol-Co-enzyme Q10

(References available on request)

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