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## The Power of Ubiquinol/KANEKA QH:The Key to Energy, Vitality, and a Healthy Heart

By Dr. Robert Barry

Health Point Press, U.S.A., 2008. Soft cover. Condition: New. 1st Edition. As the population ages, more attention is being devoted to the prevention of disease and its effects. Heart disease heads the list, with millions of people suffering from it throughout the country. Aging also can affect the quality of one's life--reducing energy and vitality. In recent years, medical research has looked to compounds known as antioxidants, which neutralize free radicals in the body, preventing cellular damage that can otherwise contribute to diseases. Researchers continue to find evidence that CoQ10 affects our health. Studies link optimal immune system function with an increased level of CoQ10 in the body and prove that it promotes the maintenance of healthy tissue as well. With aging, the ability of our bodies to produce and metabolize CoQ10 declines, possibly from diseases, insufficient dietary intake, and oxidation. Some reports state that this decline in CoQ10 becomes apparent after the age of 40. In The Power of Ubiquinol, you'll discover how to increase your energy, vitality, and improve your overall health.



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