
WHAT STATIN USERS SHOULD KNOW ABOUT CoENZYME Q₁₀

Statin drugs reduce CoQ₁₀ levels

Statins, commonly prescribed cholesterol-lowering medications, not only lower LDL (“bad”) cholesterol but also inhibit the body’s natural production of coenzyme Q₁₀ (CoQ₁₀). **In fact, statins have been reported to reduce CoQ₁₀ levels in the blood by up to 50%.** CoQ₁₀ is naturally present in all cells of the body and is vital for cellular energy production—especially in the heart. Without adequate levels of CoQ₁₀, energy production in cells would decline, and the function of the heart would be seriously compromised.

Supplementing with 100 mg of CoQ₁₀ per day helps replenish CoQ₁₀ levels reduced by statin use.

CoQ₁₀ may help reduce statin-induced muscle pain

Although statins are highly effective at lowering LDL cholesterol, their use does not come without potential side effects, including muscle aches and rare but serious muscle damage. Preliminary research suggests that CoQ₁₀ supplementation may help reduce muscle pain.

In a preliminary study, statin users reported a 40% decrease in statin-induced muscle-pain intensity after taking 100 mg of CoQ₁₀ for 30 days.

CoQ₁₀ helps protect against LDL cholesterol

CoQ₁₀ is also known for its potent antioxidant activity and, as a result, helps protect arteries from damaging effects of oxidized LDL cholesterol. Oxidized LDL cholesterol is thought to damage blood vessels and may trigger the development of arterial plaque. The build-up of plaque leads to the narrowing of arteries and eventually can block blood flow to the heart and brain, causing heart attack or stroke.

PREVALENCE OF STATIN DRUG USE

102

million Americans have high cholesterol, a major contributor to heart disease.

34%

of Americans over age 45 report taking statins.

86%

of Americans over age 65 report taking statins.

According to the Centers for Disease Control and Prevention, the use of cholesterol-lowering statins has increased tenfold over the past two decades. In fact, Americans spent a total of \$14.3 billion on statins alone in 2009.

FIVE LIFESTYLE STRATEGIES FOR LOWERING CHOLESTEROL

Lifestyle changes can help reduce LDL cholesterol, enhance the cholesterol-lowering effect of medications, and possibly lower the amount of medications needed. Here are the top five most important lifestyle changes you can make:

- 1 Lose weight.** Losing as little as 5 to 10 pounds can make a difference.
- 2 Eat a heart-healthy diet.** Consume more whole grains, fruits, and vegetables, as well as foods rich in omega-3 fatty acids (e.g. fish, walnuts, and flaxseed).
- 3 Exercise.** Thirty minutes a day, every day.
- 4 Quit smoking.** If you smoke, stop.
- 5 Moderate alcohol intake.** Moderate use of alcohol has been linked to higher levels of HDL cholesterol.