

NUTRIENT

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NOTES

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Cholesterol Drugs May Be Lowering More Than You Realize

Despite much progress, cardiovascular disease, including stroke, remains the No. 1 cause of death in the United States, claiming more than 870,000 lives each year. This equates to more than 30 percent of the country's total annual deaths, reminding us that there is still more we can do to understand, prevent and lessen the debilitating effects of heart disease.

While many promising new drugs and therapies have been developed that greatly help alleviate and manage heart disease risk factors, they can also have side effects that reduce quality of life. One such proven family of drugs is statins, which are prescribed to lower cholesterol levels. It is estimated that more than 20 million Americans with high cholesterol take statins, a drug that reduces LDL ("bad") cholesterol by inhibiting a key enzyme involved in its production.

Statins, while effective in reducing cholesterol levels, also impair the body's ability to produce Coenzyme Q10 (CoQ10), a vital antioxidant that helps cells produce energy. The effects of this reduction in CoQ10, also known as ubiquinone, has been the subject of many studies, some of which have identified potentially severe side effects. Findings such as these led the Canadian division of one of the world's largest pharmaceutical companies to include a warning in the product monograph for its popular statin product:

"Effect on Ubiquinone (CoQ10) Levels: Significant decreases in circulating ubiquinone levels in patients treated with atorvastatin and other statins has been observed. The clinical significance of a potential long-term statin-induced deficiency of ubiquinone has not been established. It has been reported that a decrease in myocardial ubiquinone levels could lead to impaired cardiac function in patients with borderline congestive failure."

Other studies have shown a strong correlation between low levels of CoQ10 and muscle pain and weakness; memory loss and migraine headaches; tingling or numbness, often in the extremities; cardiomyopathy and congestive heart failure. The Physician's Desk Reference estimates that between 0.5 to 2.3



"Supplementing with Kaneka QH™ (Ubiquinol) or KanekaQ10™ (CoQ10) also has been shown to contribute to cognitive and cardiovascular health, and help delay the onset of some age-related disorders."

Q&A with Dr. Robert Barry



Robert Barry, Ph.D., heads Scientific Affairs, Research and New Product Development for Kaneka Nutrients, L.P. Dr. Barry, a former principal advisor to the National Institutes of Health, is one of the country's foremost authorities on Ubiquinol.

“I get antioxidants like Vitamin C and Vitamin E in my daily multivitamin. How many do I really need in my daily diet? Don't they all perform the same function?”

There are several kinds of antioxidants and they generally perform the same function of protecting against oxidation, — in addition to several other important metabolic functions, — but there are important differences.

Some antioxidants such as Vitamin C and glutathione are water soluble and therefore operate in the water-soluble parts of the cell. Vitamin E and CoQ10 are fat-soluble antioxidants and therefore are found active in fat-soluble areas of the cell, such as in the cellular membrane. Within the cellular membrane, antioxidants like Vitamin E and CoQ10 help protect against lipid (fat) peroxidation, which would otherwise degrade the membrane. They also help maintain membrane fluidity, which tends to decrease as we age.

There are other important differences in function between CoQ10 and Vitamin E. The effectiveness of CoQ10 as an antioxidant is that it interferes with lipid peroxidation in two important ways: both in the initiation and the propagation steps as opposed to Vitamin E, which only inhibits propagation. Additionally, CoQ10 is known to actually regenerate Vitamin E, and studies have shown that it helps to protect against protein and DNA damage.

While many people supplement with CoQ10 for its potent antioxidant qualities, there are additional well-established health benefits. It also plays a critical roll in the production of energy at the cellular level.

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Cholesterol, continued.

percent of statin users may experience side effects. This translates to nearly 500,000 people in the U.S. alone who may be affected by statin use and the subsequent depleted levels of CoQ10.

Fortunately, taking supplemental CoQ10 may help protect against those side effects while also maintaining optimum levels for energy production and important antioxidant protection. For those who are over 40 or have more serious heart conditions, the newly available active antioxidant form of CoQ10, known as ubiquinol (KanekaQH™), is now available in more than 30 consumer supplements. Supplementing with Kaneka QH™ or KanekaQ10™ (CoQ10) also has been shown to contribute to cognitive and cardiovascular health, and help delay the onset of some age-related disorders.

American Heart Month is a perfect time to think about making the right choices for a healthier life. If you are currently on statins, ask your doctor whether supplementing with CoQ10 might be right for you. Following a healthy diet and lifestyle are the best weapons to fight against heart disease and supplementing with Kaneka QH™ adds to the arsenal for better heart function and better health.



The Power of Kaneka QH™ (Ubiquinol) – The Key to Energy, Vitality and a Healthy Heart

As the population ages, more and more attention is being devoted to prevention and intervention in the aging process, as well as a myriad of age-related diseases. While heart disease heads the list, and is responsible for hundreds of thousands of deaths and disabilities each year, other age-related maladies such as fatigue and lack of stamina can also greatly affect the quality of one's life. Until recently, some of these less life-threatening symptoms were dismissed as part of the inevitable and irreversible process of aging. But times are changing.

Increased focus on bioenergetics, the study of the production and transformation of energy in cellular systems, and the power of antioxidants are transforming how we think about aging. In his new book entitled *The Power of Kaneka QH™ (Ubiquinol): The Key to Energy, Vitality and a Healthy Heart*, Dr. Robert Barry explores the aging process, its associated disorders and the power of supplementing with the antioxidant ubiquinol to increase energy, vitality and improve overall health.

Dr. Barry heads the Scientific Affairs, Research and New Product Development Division for Kaneka Nutrients, L.P., in the U.S. *The Power of Kaneka QH™ (Ubiquinol)* is published by Health Point Press and is available on Amazon.com for \$5.95.

New Study Shows KanekaQH™ Renders “Striking Improvements” in Critically Ill Heart Patients

**“The effects of ubiquinol on late-stage heart failure patients resulted in striking improvements beyond anything I’ve seen in 25 years of cardiology practice.”
– Dr. Peter Langsjoen**

Texas cardiologist Peter Langsjoen, who has studied the effects of Coenzyme Q10 on heart patients for more than two decades, has completed the first clinical trial of ubiquinol on critically ill cardiovascular patients. His findings are featured in the February issue of *Life Extension* magazine.

During the trial, Dr. Langsjoen switched congestive heart failure patients from ubiquinone (CoQ10) to equivalent doses of ubiquinol (KanekaQH™), the active antioxidant form of CoQ10 which only became available last year. Trial subjects, all of whom had a life expectancy of six months at the onset of the study, demonstrated dramatically increased plasma CoQ10 levels by the trial’s end, an indication that they were absorbing more of the nutrient. CoQ10 has been shown in numerous studies to benefit heart health. Dr. Langsjoen also reported subsequent improvements in the amount of blood his patients were able to pump through their hearts – ejection fraction in some cases tripled.

“The effects of ubiquinol on late-stage heart failure patients resulted in striking improvements beyond anything I’ve seen in 25 years of cardiology practice,” said Dr. Langsjoen, who conducted the research in Tyler, Texas. “It is my strong feeling that this ubiquinol product is a major breakthrough.”

KanekaQH™, manufactured by Kaneka Corporation, is the only supplemental ubiquinol available today.

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