




TAKE BACK YOUR HEART THE HEALTHY WAY

HEART DISEASE AND YOU

1/3 of men smoke¹ 

200 + 300 worldwide are overweight¹ 
million men million women

By 2030, **23** million people will die annually from cardiovascular disease¹ 

44% of cardiovascular deaths occur in people under the age of 60¹ 

SPECIFIC RISK FACTORS



Smoking



Decreased physical activity



The big three

TAKE BACK YOUR



Reduce or eliminate soft drinks

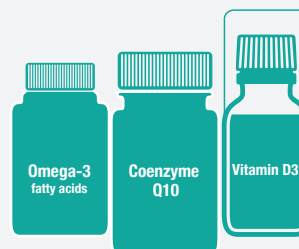


Swap unhealthy snacks for healthy ones



Increase physical activity

Supplement with heart-healthy nutrients like omega-3 fatty acids, vitamin D3 and coenzyme Q10



CLINICAL RESEARCH STUDIES

Clinical research studies suggest that supplementation with **60 – 120 mg** daily **coenzyme Q10** helps reduce blood pressure*

Coenzyme Q10 has been reported to reduce the incidence of complications by **50 – 60%** in patients with chronic congestive heart failure**

Additionally in a recent study, **48%** of patients taking 300 mg of **coenzyme Q10** a day saw a decrease in headache frequency by **50%** or more⁺

¹all stats from the World Health Organization

* Nahas R. Canadian Family Physician 2008; 54:1529-1533. www.ncbi.nlm.nih.gov/pmc/articles/PMC2592323

** Morisco et al., The Clinical Investigator 1993; 71(8 Suppl):S134-6. www.ncbi.nlm.nih.gov/pubmed/8241697

+ Sandor et al., Neurology 2005; 64:713-715. www.ncbi.nlm.nih.gov/pubmed/15728298