



# TAKE BACK YOUR HEART THE HEALTHY WAY

## HEART DISEASE AND YOU

 **44%**  
of cardiovascular deaths occur in people under the age of 60\*

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

**1/3**  
of men smoke\*  


  
**200+ 300**  
million men million women  
**worldwide are overweight\***

## SPECIFIC RISK FACTORS



Smoking



Decreased physical activity

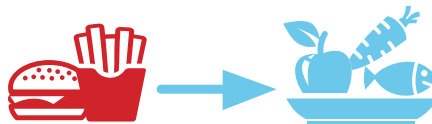


The big three

## TAKE BACK YOUR



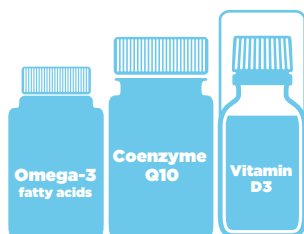
Reduce or eliminate soft drinks



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<sup>†</sup>

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<sup>‡</sup>

\*All stats from the World Health Organization

†Nahas R, Canadian Family Physician 2008; 54:1529-1533. [www.ncbi.nlm.nih.gov/pmc/articles/PMC2592323](http://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](http://www.ncbi.nlm.nih.gov/pubmed/8241697)

§Sandor et al., Neurology 2005; 64:713-715. [www.ncbi.nlm.nih.gov/pubmed/15728298](http://www.ncbi.nlm.nih.gov/pubmed/15728298)