




# TAKE BACK YOUR HEART THE HEALTHY WAY

## HEART DISEASE AND YOU

**1/3** of men smoke<sup>1</sup> 

**200 + 300** worldwide are overweight<sup>1</sup>   
million men million women

By 2030, **23** million people will die annually from cardiovascular disease<sup>1</sup> 

**44%** of cardiovascular deaths occur in people under the age of 60<sup>1</sup> 

## SPECIFIC RISK FACTORS



Smoking



Decreased physical activity



The big three

## TAKE BACK YOUR



Reduce or eliminate soft drinks

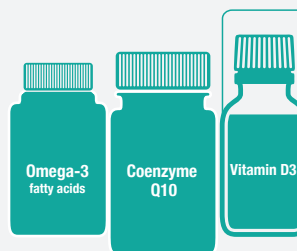


Swap unhealthy snacks for healthy ones



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<sup>+</sup>

<sup>1</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)