

# High Concentrate EPA plus CoQ10 with KD-Pür® EPA

**Doctor's  
BEST**  
Science-Based Nutrition™



## CoQ10

- CoQ10 in High Concentrate EPA plus CoQ10 with KD-Pür® EPA helps enhance cardiovascular health and helps support endothelial function\*
- Loss of CoQ10 caused by drugs and aging may be reversed with supplementation with High Concentrate EPA plus CoQ10 with KD-Pür® EPA\*

## CLINICAL STUDIES: EPA<sup>1-11</sup>

High Concentrate EPA plus CoQ10 with KD-Pür® EPA is a softgel containing EPA, a long chain omega-3 fatty acid and CoQ10. EPA (eicosapentaenoic acid) is one of the two main essential omega-3 fatty acids. EPA is abundant in fish and shellfish (krill), as well as algae. Omega-3 provides many healthful benefits in every stage of life. Increased understanding of EPA has led to an increase in the number of recommendations globally to take omega-3s and EPA in particular, to support heart health. High Concentrate EPA plus CoQ10 with KD-Pür® EPA provides a beneficial dose of EPA in a small softgel. High Concentrate EPA plus CoQ10 with KD-Pür® EPA is manufactured under strict quality control standards and is tested to be free of heavy metals, PCB's, dioxins, other unwanted contaminants. Supportive but not conclusive research shows that consumption of EPA and DHA omega-3 fatty acids may help reduce the risk of coronary heart disease (FDA Qualified Health Claim).\*

Like CoQ10, the omega-3 nutrient EPA (eicosapentaenoic acid) is a cell membrane building block that is both protective and crucial to the health of the cell as a whole. Like CoQ10, omega-3s operate in cell membranes and they are widely distributed throughout the cell membrane networks. EPA is especially important for cell membrane fluidity, which in turn supports a great variety of important cell functions.

## INGREDIENTS

High Concentrate EPA plus CoQ10 with KD-Pür® EPA is a softgel containing a pharmaceutical grade concentrate of EPA ethyl esters and CoQ10. Using concentrated EPA (eicosapentaenoic acid) allows one to get 800mg of EPA EE, 100 mg CoQ10 and 5 mg Bioperine® small in two small softgels.

### EPA:

High Concentrate EPA plus CoQ10 with KD-Pür® EPA provides high purity pharmaceutical grade Omega-3 EPA that is manufactured under strict quality control standards and tested for mercury, heavy metals, PCB's, dioxins, other contaminants and unwanted fats.

High Concentrate EPA plus CoQ10 with KD-Pür® EPA CoQ10 provides naturally fermented Coenzyme Q10, a vitamin-like nutrient central to energy production at the cellular level and essential for generating metabolic energy in the form of ATP. CoQ10 is also a versatile antioxidant, stabilizing cell membranes (helping to protect them from free radical damage) and contributing to their fluidity. Coenzyme Q10 levels decrease with age, a factor that may actually contribute to the aging process. Since food content of CoQ10 can be very low, many healthcare providers recommend supplementing with Coenzyme Q10.\*

## BENEFITS

### EPA

- High Concentrate EPA plus CoQ10 with KD-Pür® EPA uses EPA from KD-Pür® EPA which provides high purity pharmaceutical grade EPA
- High Concentrate EPA plus CoQ10 with KD-Pür® EPA may help lower triglycerides and increase HDL without raising LDL (bad) cholesterol levels already within the normal range\*
- High Concentrate EPA plus CoQ10 with KD-Pür® EPA may help maintain HDL cholesterol levels already in the normal range\*
- High Concentrate EPA plus CoQ10 with KD-Pür® EPA is manufactured under strict quality control standards and is tested for heavy metals, PCBs, dioxins, and other unwanted contaminants.
- Purification removes unwanted fats/calories\*

## Supplement Facts

Serving Size 2 Softgels

Servings Per Container 30

	Amount Per Serving	% Daily Value
KD-Pür® EPA (Eicosapentaenoic Acid, as ethyl ester)	800 mg	†
Coenzyme Q10 (Ubiquinone)	100 mg	†
Black Pepper Ext. ( <i>Piper nigrum</i> )(fruit) (standardized to contain 95% Piperine)(BioPerine®)	5 mg	†

† Daily Value not established.

**Other Ingredients:** Sunflower lecithin, yellow beeswax, softgel capsule (gelatin, glycerin, purified water).

**Contains Fish (sardines, anchovies, and mackerel)**

**Suggested Adult Use:** Take 2 softgels daily preferably with food for maximum absorption, or as recommended by a nutritionally-informed physician.

**Non-GMO / Gluten Free / Soy Free**

Store in a cool dry place.

\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Omega-3 fatty acids are anchored into the membrane's matrix by phospholipid molecules. Dangling from the phospholipid's head section, rather like tails, the long, electron-dense hydrocarbon chains extend deep into the membrane's core zone and help to keep it semi-fluid. For optimal membrane function it is essential to have sufficient omega-3 chains to maintain this semi-fluid state at all times. The omega-3 chains also allow freedom of movement for CoQ10 within the membrane's core.

EPA Besides contributing to cell membrane fluidity, EPA is a source of messenger substances – prostaglandins and other “eicosanoids” – that regulate healthy function (homeostasis) throughout the tissues.

## CLINICAL STUDIES: CoQ10<sup>12-24</sup>

Due to the extraordinary energy requirements of our hardworking heart, the highest concentration of CoQ10 is found in heart muscle tissue. Coenzyme Q10 is known to support the heart through mitochondrial bioenergetics, the process of cellular energy transformation. On top of this, CoQ10 helps to reduce oxidative stress in heart and endothelial (blood vessel wall) cells.<sup>14</sup>

In terms of bioenergetics, CoQ10 supplementation acts to preserve energy turnover in mitochondria—our cellular powerhouses—by keeping ATP synthesis at optimal levels.<sup>15</sup> Maintenance of normal energy utilization and supply is crucial for maintaining the cell's ideal biochemical state. Based on results from clinical studies, researchers have concluded that some segments of the population can achieve an increase in needed ATP production in addition to other benefits from CoQ10 supplementation.<sup>16</sup>

There has been longstanding interest in the use of Coenzyme Q10 supplementation to work against the oxidative stress that takes a toll on circulating blood lipids. In addition to reacting directly with peroxyl radicals, CoQ10 indirectly helps quench radicals by regenerating the active form of vitamin E. This type of antioxidant activity is key to enhancing the structural integrity of lipids and supporting healthy blood vessels and circulation.<sup>17</sup>

A meta-analysis of such studies noted Coenzyme Q10 supplementation as one useful and safe tool in the maintenance of an already healthy blood pressure, complementing the endothelial support and antioxidant advantages it provides.<sup>18</sup>

The vast body of science associated with Omega-3 provides strong support for optimizing heart health. The understanding of Omega-3's role in infants' cognitive and visual development led to the fortification of infant formula with omega-3 fatty acids on a global basis.

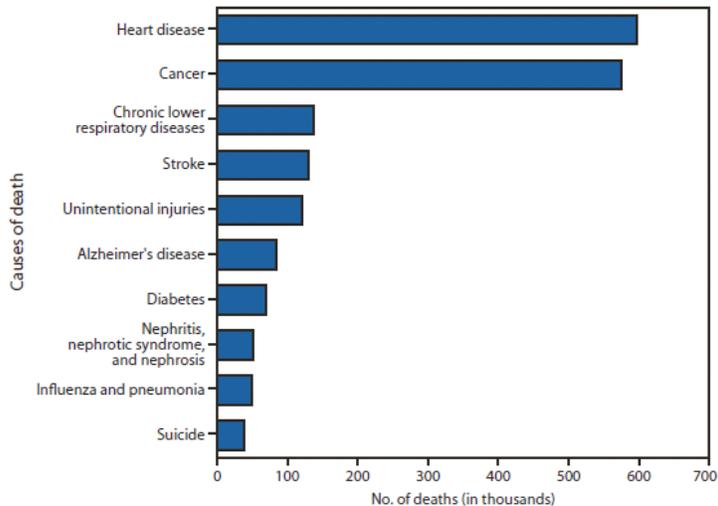
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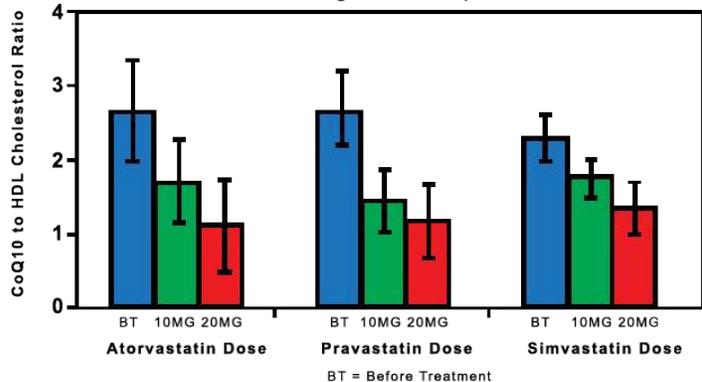
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### Statins Delete CoQ10

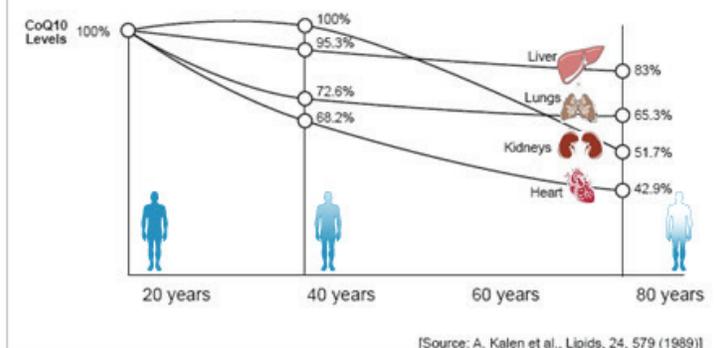
A review study found that 8 out of 9 controlled trials with statins resulted in significant depletions of CoQ10 <sup>53,54</sup>



**\*\*Chart Sources**  
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 Peter H. Langsjoen, M.D., F.A.c.c. The clinical use of HMG CoA-reductase inhibitors (statins) and the associated depletion of the essential co-factor coenzyme Q10; a review of pertinent human and animal data. Biofactors 18(2003) 101-111, IOS Press.

### Distribution in the Body

The concentration of Coenzyme Q10 in the body decreases year by year, indicating that it has a close relationship with aging.



\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.