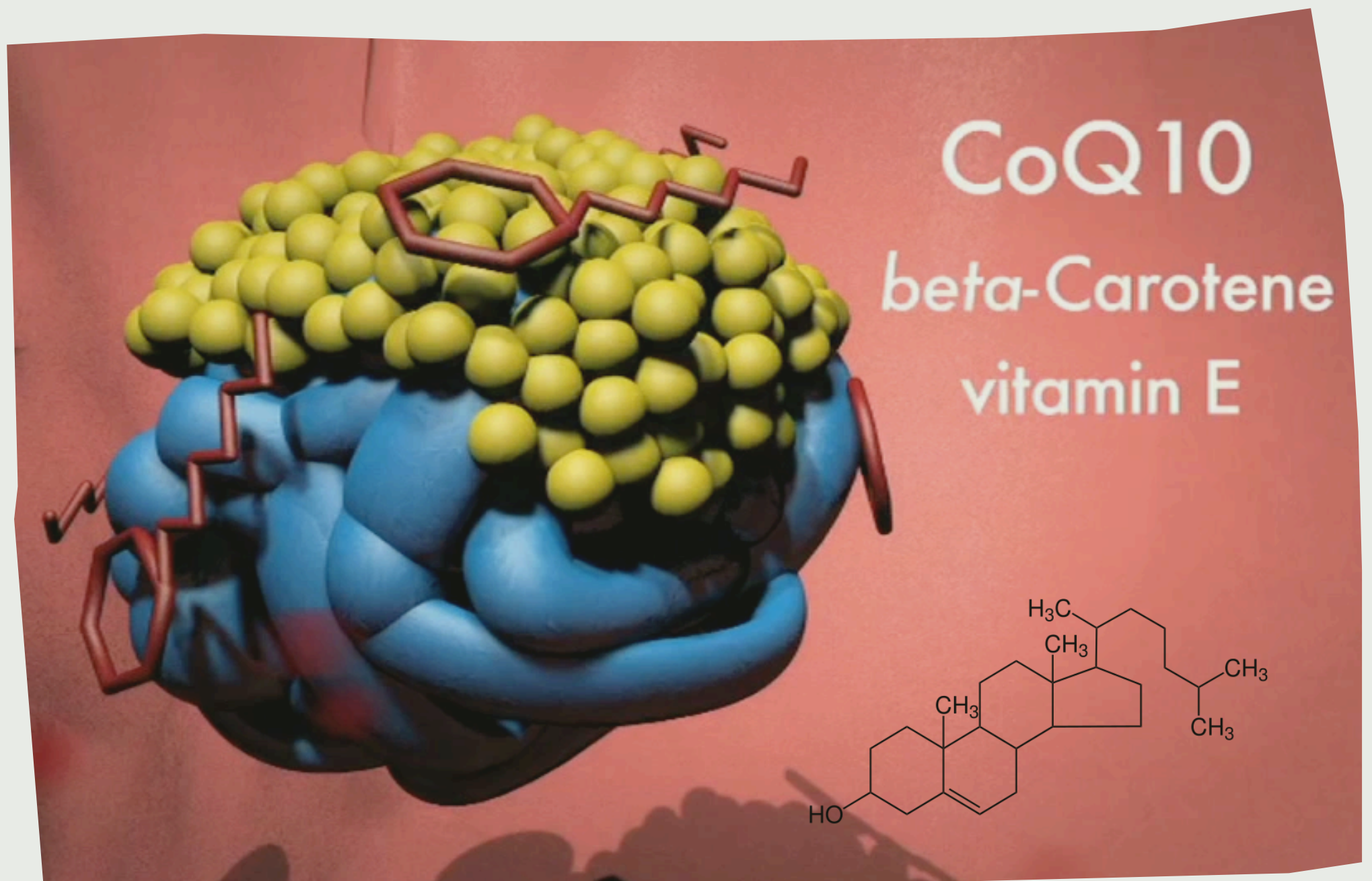


what is

LDL 'cholesterol'

aka 'Bad' Cholesterol ?



Transport

Because cholesterol can't move through blood by itself, it is carried in LDL and HDL particles (low density lipoproteins, high density lipoproteins). These particles also carry, at the same time, a range of other molecules, including:

coenzyme Q10 (CoQ10)

This is needed for energy production within the cells of the body. In particular, it is needed in the heart muscle cells. CoQ10 is also an antioxidant.

beta-Carotene (vitamin A)

Beta-Carotene and other *carotenoids* are carried in the LDL and HDL particles. These are thought to protect against diseases, in particular, protect against cancer and eye disease.

vitamin E

Vitamin E is another antioxidant. It is also involved in the immune system and helps to dilate blood vessels - improving circulation. It also helps prevent coagulation, which is a key feature of heart disease.

FACT:

Lowering your LDL level reduces the availability of CoQ10, beta-Carotene, vitamin E, cholesterol, and other important nutrients.

www.statinnation.net

for the facts about cholesterol...