

CoQ10. This is a dramatic reduction in cardiovascular mortality that is considerably greater than any reduction ever seen in any statin clinical trial.

Statin medications in some clinical trials have been shown to reduce cardiovascular deaths by about 1% or 2% in absolute terms. But in other trials the statin did not reduce cardiovascular related deaths at all [5, 6]. In addition, statins have been shown to have even less benefit (in fact, no benefit at all) for the elderly. The Swedish study involving selenium and CoQ10 showed a reduction in cardiovascular deaths of more than 6.5% in absolute terms - a reduction in risk that statin supporters can only dream about.

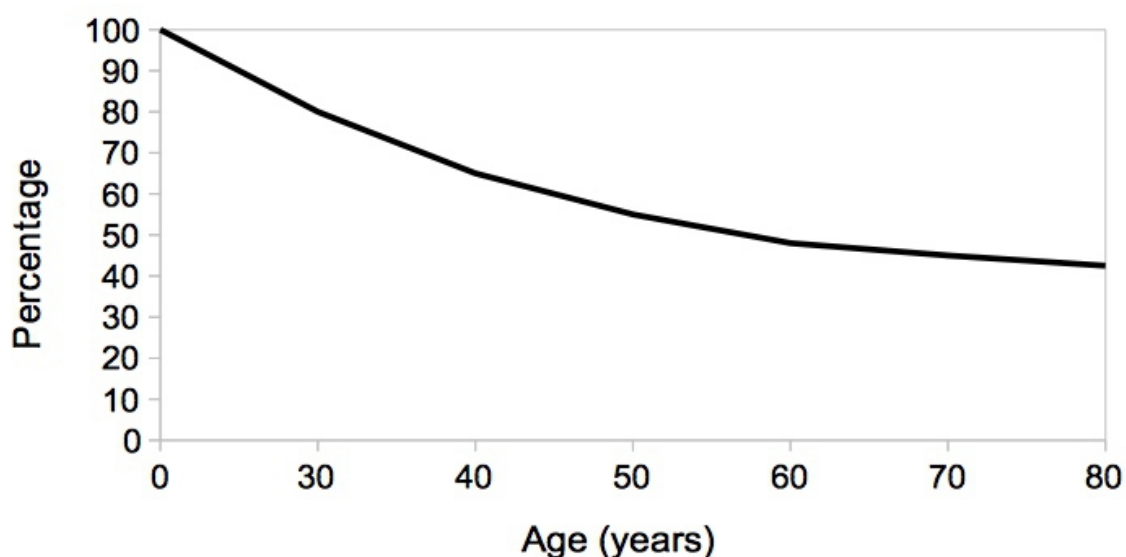


Figure 5b: Age-related decline in CoQ10 levels in heart tissue  
[adapted from reference 3].

The elderly are even more vulnerable to the adverse effects of statins, mainly, and ironically because of stain related depletion of CoQ10. There is also a very strong and well established connection between low cholesterol levels and increased cancer deaths and deaths from all causes, that is particularly apparent in the elderly. Whereas, supplemental CoQ10 could