

## Re-engagement Email (Coenzyme Q10)

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Subj Line: The 1 Nutrient That STOPS the Heart Damage of Statin Drugs

### **It's True! Doctors Now Recommend This Natural Nutrient to STOP the Heart Damage Caused By Statins**

Hello, XXXXX

If you're experiencing muscle pain and fatigue from cholesterol-lowering statin drugs, many doctors now recommend the all-natural antioxidant Coenzyme Q10 (CoQ10) to relieve aches, regain energy and protect your heart.

As a natural chemical produced by your body to give you energy and keep your liver and kidneys healthy, CoQ10 also protects your heart as a powerful antioxidant that additionally maintains healthy blood levels of homocysteine to prevent against stroke, heart attack and heart disease. As a bonus, CoQ10 promotes healthy digestion, and research suggests CoQ10 helps improve age-related vision loss.

CoQ10 deficiency can occur naturally because of low dietary intake, high CoQ10 use by your body or age, and early symptoms include elevated cholesterol levels.

The trouble is, most doctors don't test for CoQ10 deficiency and instead prescribe cholesterol-lowering statin drugs, which only make the problem worse.

CoQ10 shares a biosynthetic pathway with cholesterol. So as statin drugs work to lower your cholesterol, they deplete your natural levels of CoQ10. That depletion steals your energy, causes muscle pain and dials up your risk of heart disease.

As if that wasn't enough, statins can hit you with other side effects:

- memory loss and mental confusion
- nausea, dizziness and vomiting
- diarrhea, bloating and rash
- insomnia and constipation

Yet here's where the story really gets amazing.

While modern medicine still clings to the habit of prescribing more drugs to treat the symptoms of other drugs, many doctors now recommend a daily CoQ10 supplement to counteract the effects of statins.

That change shows just how important CoQ10 is as a daily heart-health nutrient, whether you're taking statin drugs or not, because in addition to all of the benefits already shown, CoQ10 also helps lower "bad" cholesterol (LDL).

Best,

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