



### Neu Essentials Complete

#### The ~Generator~ in Human Body

Neu Essentials Complete is manufactured by incorporation of fermentation-extracted Coenzyme Q10 with vitamin E using the latest technology.

#### Active ingredients

Ingredients	Each Capsule
Coenzyme Q10	30mg
Vitamin E	50mg

#### Dosage:

One capsule daily, or as advised by your counselor.

#### Suitable for:

- ~ Cardiovascular diseases
- ~ Hypertension, Hyperlipidaemia
- ~ Elderly with low immunity or at risk of morbidity

#### Unique Features:

- ~ The coenzyme Q10 is extracted from natural resources with advanced fermentation technology to preserve its activity.
- ~ Neu Essentials Complete contains 30mg coenzyme Q10 per capsule of which the content is greatly higher than the counterparts available in the market.

#### What is Coenzyme Q10?

##### Coenzyme Q10 - The ~Generator~ in Human Body

Coenzyme Q10 exists in human cells and is important in the process of metabolism. It aids in converting food energy into body's own energy in cellular mitochondria. Our cells won't be able to generate energy and the body is unable to function without the presence of Coenzyme Q10.

There is 500-1500mg of coenzyme Q10 in human body and is found mainly in the cell membranes. The synthesis of coenzyme Q10 decreases with aging. It reaches optimum at the age of 20 and decreases by 57% at the age of 77 which explains why young people are always more energetic than the elderly.

**Deficiency in Coenzyme Q10:**

The decline of coenzyme Q10 to 25% may bring on diseases such as coronary artery diseases and cerebral diseases. It may be fatal when the coenzyme Q10 decline more than 75% in the body.

Deficiency in coenzyme Q10 may lead to heart failure, cardiac arrhythmia, myocardial infarction, stroke, hypertension, hyperlipidaemia, atherosclerosis etc.

**Benefits of coenzyme Q10:**

1) Reduces hypertension and hyperlipidaemia

Research showed that the consumption of coenzyme Q10 at 120mg daily in two divided dose reduces 17mmHg in patients' blood pressure.

2) Prevents atherosclerosis

Coenzyme Q10 serves as antioxidant to inhibit oxidation of lipoprotein. This delays the progress of atherosclerosis which otherwise will lead to cardiovascular diseases.

3) Prevents myocardial infarction and thrombosis

The antioxidant features of Coenzyme Q10 are also beneficial in preventing myocardial infarction and thrombosis due to oxidation of the blood vessels.

4) Promotes healing after cardiovascular surgery

Coenzyme Q10 accelerates the wound healing after surgery.

5) Prevents other cardiovascular diseases.

Coenzyme Q10 delays the degeneration of the cardiac function, reduces mortality, and improves patients' quality of life. It also treats angina due to narrowing of coronary arteries. In addition, it improves cardiac contractility and its tolerance to oxidative stress.

6) Other indications

Coenzyme Q10 improves malnutrition, kidney disease, periodontosis, and impotence. It also regulates blood glucose which is beneficial in diabetic control. It promotes recovery of duodenal ulcers and viral hepatitis too.