



Health Matters

by
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Frequently we get asked about how to maintain energy, focus and a healthy immune system. With upcoming back-to-school related stressors, everyone is concerned about staying well and having the energy and focus to face such demands.

CoQ10 is a nutrient that acts as a catalyst or "spark plug" in the ATP process that produces energy in virtually every cell. Well researched for its ability to boost cellular energy and provide powerful antioxidant protection, **CoQ10** optimizes the function of our hearts, brains and immune systems. There are also studies that show **CoQ10** helps improve circulation to our gums, which can have a significant effect on our general health.

Especially after age 40, our natural production of **CoQ10** diminishes and further loss is linked with stress, illness and medications such as statin drugs and beta blockers. **CoQ10** can make a big difference in how we feel, focus and function.

As always, we guarantee your satisfaction.

Locally owned for 37 years

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