



Can Your Fatigue Be Related to the Medication You Are Taking?

YES...if you are taking a cholesterol lowering medication!

Common cholesterol lowering drugs, known as “statins” (Crestor, Lipitor), block the body’s internal production of cholesterol in the liver. This is prescribed in an attempt to lower a person’s risk for cardiovascular disease.

However, statin drugs also block your own internal production of the nutrient Coenzyme Q10 (CoQ10).

CoQ10 is an essential nutrient that is responsible for supplying our bodies with energy. Organs that have a high demand for energy, such as the heart, require great quantities of CoQ10 to function optimally. Without adequate levels of CoQ10, the energy needs of the heart cannot be met and fatigue is experienced.

Ironically, the medication used to try and prevent cardiovascular disease prevents your heart from functioning as well as it could. We also now know that patients with heart disease have low levels of CoQ10.

CoQ10 can be taken orally as a supplement but it is poorly absorbed through the intestines. Most forms of CoQ10 found in health food stores have low absorbability so most of the CoQ10 never makes it into the body to be used by the heart.

Recent advances in a delivery system for CoQ10 have made this powerful nutrient more easily absorbed into the body.

What can you do?

1. Take a highly absorbable form of CoQ10 in doses between 100-300mg per day.
2. Take steps to reduce your body’s natural production of cholesterol so that statin drugs are unnecessary.

See Dr. Hoffmann for more information on CoQ10.