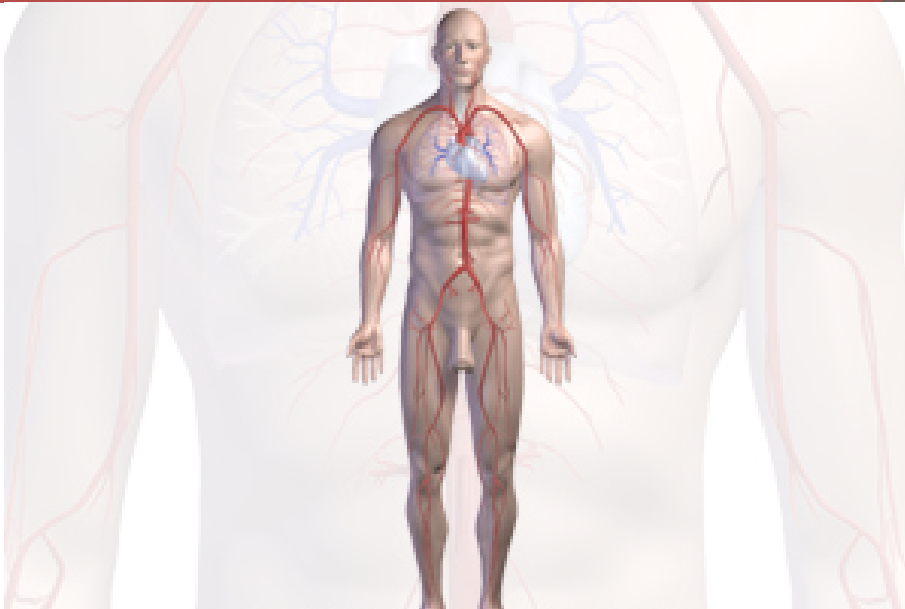




# UBQ<sub>2</sub>

*Natural-Source Unoxidized Ubiquinol*



## WHAT IS UBQ<sub>2</sub>?

UBQ<sub>2</sub> is one of the first forms of CoQ10 to come from a natural source as well as be unoxidized. No amount of ordinary CoQ-10 can compare to the benefits of UBQ<sub>2</sub>, it is biologically available using our probiotic fermentation process. We have then added our multidimensional properties as well to address the products ability to treat on the mental, physical, spiritual, and emotional levels. Unlike standard products UBQ<sub>2</sub> can help to rejuvenate cells in cases of low energy and also accelerate cellular detoxification of heavy metals and other toxic chemicals. We know that Co-Q10 is considered one of the most important

nutrients for energy production, defense against the use of many statin drugs, and the health of the human heart. There is also a large body of research that shows CoQ-10 plays a vital role in supporting the immune, cardiovascular and periodontal systems as well. Ubiquinol is vital to the human body, many of us today are deficient. The type delivery method UBQ<sub>2</sub> uses makes helps it to work almost instantly. Many have reported feeling the difference of UBQ<sub>2</sub> in the first dose. Standard products use many fillers and synthetic sources. Try UBQ<sub>2</sub> and feel the difference for yourself!



## What Can UBQ<sub>2</sub> Do For You?

- \* Brain/Attention Support
- \* Maximum Cell Energy
- \* Improved Heart Health
- \* Improved Cardiovascular Health
- \* Health Immune Support
- \* Lowers Blood Pressure
- \* Improved Nervous System
- \* Anti-Aging Benefits

*Health and Harmony Products LLC.*

*"Providing The Future Of Wellness, Today! Through Multidimensional Products."*

\*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

# Ubiquinone & Ubiquinol

UBQ2 IS A NATURAL SOURCE  
COQ10 USED FOR OPTIMAL  
HEART AND BRAIN HEALTH!

Ubiquinone is the most widely recognized form of CoQ10. It is a powerful antioxidant produced naturally in the body. It plays a key role in cellular energy production. The body converts ubiquinone into ubiquinol. This conversion is necessary for cellular use. The body combines fats and carbohydrates with oxygen inside the cells to produce energy. Ubiquinol, being fat-soluble, passes freely into and out of the cell. It cleans out free radicals and quickly transports the signal to produce energy from the cellular mitochondria. So, the body needs ubiquinone to convert into the usable form, ubiquinol. This clears up the myth that many consumers

believe, that one form is better than the other. The body needs ubiquinone to convert into ubiquinol.

The human body begins to lose ubiquinone in its early twenties. Conversion of ubiquinone into ubiquinol becomes inhibited with age and sharply diminishes after age 40. Without enough ubiquinone and/or ubiquinol, the body becomes susceptible to age related fatigue and does not have the cellular energy to defend against oxidative stress. It also loses its ability to create collagen and elastin without enough CoQ10. These are substances necessary for cellular repair.



Standard products today only effect the physical aspect. Health and Harmony created Multidimensional products to address not only physical, but spiritual, mental, and emotional levels as well.

Deepak Chropra said that the greatest pharmacy is between a person's two ears (the brain) and as such the inner intelligence of the body, which maintains equilibrium in all systems, can be influenced by thought, speech, beliefs, and attitudes. Higher vibrational thought such as thoughts about higher purposes in life, doing good to others, loving others is a spiritual aspect of vibration. When we live in an inner environment of love, grace, peace, and forgiveness, we will be healthier and happier. Multidimensional products encourage higher vibrational influences to aid the body, emotions, mind, spirit, and soul. The animating force of life, inner intelligence has an affinity for higher purposes and a desire to be in equilibrium or balance. Experience has shown that by addressing the inner-intelligence of the body, the healing effect is heightened with fewer complications. Our products work with the body to encourage its natural processes in the order that the body would like them to be addressed.

## CoQ10: A CLOSER LOOK

Coenzyme Q10 (CoQ10) is a substance similar to a vitamin. It is *found in every cell of the body*. Your body makes CoQ10, and your cells use it to produce energy your body needs for cell growth and maintenance. It also functions as an antioxidant, which protects the body from damage caused by harmful molecules. CoQ10 has been approved in Japan since 1974, for use in **heart failure**. It is available in the United States as a dietary supplement. It is also known as Q10, vitamin Q10, ubiquinone, or ubidecarenone. People with heart failure have been found to have lower levels of CoQ10 in heart muscle cells. Double-blind research suggests that CoQ10 may reduce symptoms related to heart failure, such as shortness of breath, difficulty sleeping, and swelling. CoQ10 is thought to increase energy production in the heart muscle, increasing the strength of the pumping action. Lower levels of CoQ10 have also been observed in people with Parkinson's disease. Preliminary research has found that increasing CoQ10 may increase levels of the neurotransmitter dopamine, which is thought to be lowered in people with Parkinson's disease. It has also been suggested that CoQ10

might protect brain cells from damage by free radicals.

Statin drugs have become very popular and are being widely prescribed in recent years to lower high blood cholesterol and thus reduce the risk for heart disease. These drugs block cholesterol production in the body by inhibiting the enzyme called HMG-CoA reductase in the early steps of its synthesis in the mevalonate pathway. This same biosynthetic pathway is also shared by CoQ10. Therefore, one unfortunate consequence of statin drugs is the unintentional inhibition of CoQ10 synthesis. Thus, in the long run, statin drugs could predispose the patients to heart disease by lowering their CoQ10 status, the very condition that these drugs are intended to prevent. So as we can see CoQ10 is a vital substance needed by everyone.

### Dosage And Use

Adults take 15 drops 3 times a day. Children under 9 years 6 drops 3 times a day. Or as directed by your healthcare provider.

*We at Health and Harmony work day and night in order to ensure that you wake up in a world where you never hear the words, "There is no cure."*

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