



FLYNN'S BEE FARMS LTD

INCREASE YOUR OWN NATURAL ENERGY LEVELS



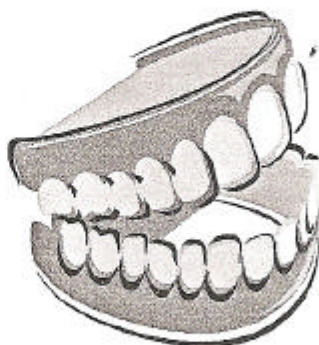
CO-ENZYME Q10 - YOUR BODY'S ENERGY BOOSTER

Many of us find, particularly if we have been under the weather, that we need a bit of help to recover by way of a "pick-me-up". This is because our body's natural resources have been drained by our immune system in order to repair damage to the body's cells. Co-Q10 is present in every human cell, and its function is to break down the nutrients in our food, such as fat, carbohydrates and protein, so that they can be transformed into energy. Research has shown that people who are ill have lower than normal levels

of Q10 in their bodies, which scientists believe, demonstrates that Q10 deficiency can lead to common diseases and ailments.

So far, the full importance of Q10 has not yet been uncovered, but there is on-going research world wide, much of which is very interesting to patients with heart problems, gum disorders, and muscle disorders. Many people now find that they have more energy and physical well-being as a result of taking a Q10 supplement. There have been several tests which suggest that Q10 could

be most beneficial to those with congestive heart failure, although consultation with a doctor is recommended beforehand.



Q10 could also help gingivitis

The Discovery of Q10 has created more interest than any other natural supplement since the discovery of penicillin. Within the short time it has been available, the number of users has substantially increased, particularly in Scandinavia.

Special points of interest:

- Low levels of Q10 have been reported in people with:
- HEART FAILURE
- GINGIVITIS
- OBESITY
- HYPERTENSION
- MUSCULAR DYSTROPHY
- DIABETES
- AIDS
- KIDNEY DIALYSIS

Q10 TO GIVE THE ELDERLY MORE GET-UP-AND-GO!

Generally, natural levels of Q10 are lower in older individuals. By taking a Q10 supplement you would be giving your body an easier task of producing the required levels for increased energy and repair to your body's cells. This can help your general well being

and your resistance to common ailments. Not all Q10 supplements are as effective as they should be. Be aware of cheaper versions, such as tablets or powder, as our Danish research has shown that Q10 is more effective when taken in capsule form

and suspended in a soya mixture, as it is easier to digest this way. The results of this research were made public at an international congress in Stockholm, in 1993

Q10 can be found naturally in pork and chicken meat, but scientific research suggests we do not get enough from our diets.