



# AIM CellSparc<sup>®</sup> 360



CellSparc 360 is a cardio health, dietary supplement that combines coenzyme Q10 (CoQ10), fish oil and vitamin E.

## How is CellSparc 360 Unique?

- Clean CoQ10 extraction without the use of solvents
- CoQ10 is sourced from bacterial fermentation
- Combines CoQ10 with natural vitamin E and fish oil
- Quick absorption

## Approach

For the body to produce its cellular energy source, adenosine triphosphate (ATP), it must have coenzyme Q10 (CoQ10), which is found in cell membranes and in the mitochondria: energy factories of the cells.

The heart is the most active muscle in the body, beating on average more than 100,000 times per day. It also contains the highest levels of CoQ10 among all the organs of the body. However, our bodies produce less CoQ10 as we age, so supplementation is crucial. From age 20 to age 40, CoQ10 levels in our hearts decrease by 32%. This reduction only continues as we age and by age 80, our hearts contain 57% less CoQ10.<sup>1</sup>

The cardiovascular system, with the heart as the central pump, moves blood—containing oxygen and nutrients—through the blood vessels. This flow nourishes and oxygenates the body's organs, tissues and cells, allowing them to perform their many functions. A deficiency of CoQ10 can affect heart health and the overall function of the cardiovascular system.

## Coenzyme Q10

Small amounts of CoQ10 are found in some foods (e.g., spinach, broccoli, some vegetable oils, animal organs and certain types of fish), but it can be reduced or destroyed by cooking or refining.

One capsule of CellSparc 360 contains 60 mg of CoQ10, equivalent to 69 ounces of beef, 78 ounces of herring or 299 medium apples.

The liver can manufacture CoQ10 but is unable to produce enough if the body is deficient in any essential enzymes or cofactors, such as vitamins B3, B5, B6, B12, C or folate. Furthermore, stress and pollution deplete CoQ10 from our tissues, and aging makes CoQ10 production even more difficult.

## Key Benefits and Features

- Replaces the CoQ10 lost to aging
- Supports cardiovascular health
- Increases energy production
- Maintains proper gum health
- Provides potent antioxidants
- Over 20 years of safe and beneficial use by AIM Members
- Gelatin capsule is certified Halal and Kosher

The biosynthesis of CoQ10 in the liver is inhibited by statin drugs. These medications are very effective at reducing cholesterol produced by a pathway in the liver. This pathway also produces CoQ10, which is subsequently reduced as well. The University of Maryland Medical Center suggests taking CoQ10 supplements to compensate for this deficiency.

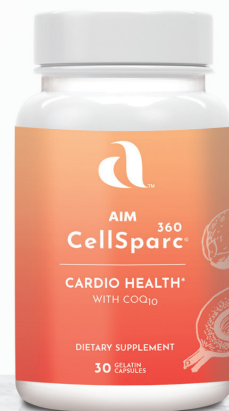
Deficiencies of CoQ10 in our mitochondria have the potential to cause an increase in superoxide.<sup>2</sup>

## Antioxidant Power

CoQ10 also functions as a fat-soluble antioxidant to protect cell membranes and lipoproteins. When low-density lipoproteins (LDL) cholesterol is oxidized, CoQ10 is the first antioxidant consumed.<sup>1</sup> The combination of vitamin E and CoQ10 in the CellSparc 360 formulation work together as supportive antioxidants in our bodies. As vitamin E neutralizes a free radical by donating an electron, it is then oxidized itself, which could result in more free radical damage. However, in the presence of CoQ10, vitamin E can be revitalized back into an antioxidant.

## Ubiquinone

CellSparc 360 contains CoQ10 in its ubiquinone form. Within the body, ubiquinone is converted to ubiquinol (an alternative form of CoQ10) and ubiquinol is converted to ubiquinone. Each



form is recycled according to the body's cellular need. The body requires both forms and its location determines its form. Ubiquinol found in food is converted to ubiquinone during the cooking process. Similarly, ubiquinol taken as a supplement is unstable in the stomach and is converted to ubiquinone before absorption.

## Fish Oil

Another ingredient proven effective for cardiovascular health is fish oil. CellSparc's fish oils (sardine, anchovy, salmon, sprat and clupea) provide omega-3 eicosapentaenoic acid (EPA 17.5%) and docosahexaenoic acid (DHA 12.5%), which have many proven heart health benefits. With the exception of salmon, the fish used in our fish oil complex are caught in the deep, cold waters of the south Atlantic and Pacific oceans.

## Palm Oil

Our palm oil contains a natural mixture of tocotrienols and tocopherol extracted and concentrated from virgin palm oil from palm fruits. It also contains other phytonutrients, such as plant squalene, phytosterols, coenzyme Q10 and mixed carotenoids that are naturally extracted together with tocotrienols from palm fruits. This provides a natural, wholesome, full-spectrum, palm tocotrienol complex with the highest ratio of alpha-, beta-, gamma- and delta-tocotrienols. Each capsule of CellSparc 360 contains 6 mg of vitamin E found in palm oil.

## FAQs

### Is there anyone who should not take CellSparc 360?

Consult a health care practitioner prior to use if pregnant, nursing, diagnosed with heart disease or taking medications. Not recommended for children.

### Should I stop taking my statin medication to increase my CoQ10 levels?

Consult your health care practitioner prior to stopping any medication as this could have a deleterious effect on your health.

### Why did we choose palm fruit as our source of tocotrienols?

The palm source provides beta-tocotrienol, which is lacking in rice-sourced tocotrienols.

### Is the palm fruit oil hydrogenated?

No.

1. Biochimica et Biophysica Acta 1271 (1995) 195-204.

2. Elife. 2018 Feb 6;7. pii: e32111. doi: 10.7554/eLife.32111.

## How to use CellSparc 360

- Take 1 capsule per day, preferably with meals containing fat.
- Some people notice effects immediately, others in 6-8 weeks.
- Keep out of reach of children.
- Contains fish.

Recommended for use with AIMega and Bear Paw Garlic for additional cardio benefits.

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