

# Possibilities

NUTRITION COALITION, INC. ♦ Fargo, ND 58108-3001 ♦ 1-800-447-4793 ♦ www.WillardWater.com ♦ March/April 2015

## Dementia Risk: Common Over-the-Counter Sleep, Cold, Allergy, Pain, Bladder Control Meds, and More

Multiple millions of people take over-the-counter (“OTC”) cold and allergy meds; sleep meds; Pain meds called NSAIDS like Ibuprofen (Advil & other brand names) and Acetaminophen (Tylenol), and drugs for bladder control (for urinary incontinence) such as oxybutynin (Ditropan) or tolterodine (Detrol), along with some antidepressants like doxepin (Sinequan).

But not many of them are likely aware of the potential link between people aged 65 and older using those meds for a longer period of time and/or at higher doses and the **significantly increased risk of Dementia, including Alzheimer’s**, that has now been linked to them.

The problem, or cause of the link to dementia and Alzheimer’s, is that these drugs contain ingredients that block the action of the neurotransmitter acetylcholine in the body, which is why they are called anticholinergic drugs. Acetylcholine is said to control several critical functions in the body from body secretions to cognitive function.

The link between these types of drugs and dementia, including Alzheimer’s, was established in a study conducted by Group Health—University of Washington researchers, and was published in JAMA Internal Medicine. The study included 3,434 people age 65 or older, who were followed for more than seven years.

The study found that people who took the drugs for a longer period of time, and/or took them in higher doses, ran the highest **risk of developing Dementia or Alzheimer’s Disease**. In fact, the study found that the risk was **54% higher** for those taking high doses of anticholinergic drugs for more than three years, compared to those who didn’t take such drugs. Specifically, the study found those at risk included people taking at least 10 mg per day of doxepin (Silenor), 4 mg per day of di-

phenhydramine (Nytol, Benadryl, Sominex, many more), or 5 mg per day of oxybutynin (Ditropan).

A previous study, done in 2009, at the University of Indiana, which analyzed the results of 27 other studies had reported that taking such drugs for 90 days or more **“may triple your risk for developing Alzheimer’s disease”**.

One of the key ingredients to look for on the labels of such medications is **Benadryl (diphenhydramine)**. This ingredient is very common in numerous cold and allergy medications, as well as medications to help you sleep. As one of the researchers said, “anything with ‘PM’ in its name” probably contains Benadryl (also called diphenhydramine).

Key item to watch for **in antidepressants is amitriptyline (Elavil)**. This drug lost its popularity because of its strong anticholinergic side effects. But some of the newer SSRI (selective serotonin reuptake inhibitor) drugs for depression such as **paroxetine (Paxil)**, the most anticholinergic of the SSRI drugs, have similar effects.

**Major Point to NOTE: Do NOT** just stop using such drugs. Consult with your health care provider, as stopping any drug, even over-the-counter drugs, may be as harmful or more harmful, than continuing the drug, or “going off” the drug slowly. Also, if there is no other drug treatment that will work for your problem, sometimes the risk is believed to be less than the benefit of treating the problem. Bottom line: Do NOT just stop taking any medication without proper guidance from the professional you trust.

**With regard to Sleep problems...** you may also simply try turning off most of the lights around you an hour or two before going to bed. Use just lamp light or some sort of soft, low lighting, to allow

your body to begin producing **Melatonin** which helps you to sleep. But the body is “programmed” to produce melatonin when darkness falls... so staying up with all the lights on, working at your computer or tablet or phone, or watching exciting TV programs, all run counter to your body’s natural preparation for sleep. Also going to bed every night at the same time helps; a warm bath before bed can help; and not exercising within 2 hours of going to bed is a good rule, as well.

The list of **natural substances that might help** some of the problems discussed here for which the OTC drugs are often used, would be so long, we cannot begin to do justice to it here. We will just list some of the natural items we know many people use, and many natural health experts recommend. (As we always remind you, we are NOT experts of any kind—just fairly well-read laypeople who are passing along interesting and possibly helpful info to others.) Now to the experts and users oft-mentioned items for the problems discussed here (any we carry have our item number beside them such as J-69, J-24A, etc.):

### Colds & Allergies:

**Colostrum** (H-3; J-H5);  
**Colloidal Silver** (J-CS32, J-CS1);  
**Vitamin C** (J-68, J-69, J-71),  
**Vitamin D** (J-24, J-24A);  
**Zinc** (J-96);  
**Echinacea** (J-15), and  
**Willard’s Water** (assorted — see order form).

### Sleep:

**Valerian** (J-72);  
**Power to Sleep** (IN-2);  
**Melatonin** (N-102); and  
**Willard’s Water** (see order form).

### Pain:

**Chinota Gel** (topical relief);  
**Willard’s Water** (see order form).

Again, **don’t** stop use of any of the meds in the studies reported here (or any meds) without professional guidance. ♦

# Calm Agitated Dogs, Horses and...Toddler Who Won't Sleep?

Years ago, an article on using Willard's Water ("WW") on some of the greyhound dogs competing at the Greyhound Race Track in Rapid City, SD, included some details on how dogs that had been "fighters", quit fighting and raced much better, after being put on WW.

We were reminded of that article when we received this report from a customer in Hawaii:

"Had been giving my dogs, 1 Labrador Retriever & 2 Tibetan Spaniels, the Ultimate Dark WW on their food. Didn't notice any difference until I ran out of the WW.

"Your information had said that chickens become less aggressive with the WW, but I really didn't believe it until we ran out. It's been months & the dogs, previously very loving & tolerant of each other, a real family pack, are now growling at each other. No bites or wounds, just the **aggressive growling & barking**. Took me awhile before I realized it was the WW that made the difference.

"AND poured **WW on plants newly transplanted** and as bad as they looked, they rooted & grew.

"Charlie, I'm a true believer. WW really works!"

We've also received countless reports over the years of other benefits dog owners have noticed when giving WW to their dogs. Including, but not limited to, improvements in:

- ◆ Coat Appearance
- Arthritis
- Energy
- Skin Conditions
- Variety of other health conditions
- Eye Sparkle
- Nervousness

We thought other dog owners and lovers would appreciate the report from Hawaii, and might have some use for the information themselves.

And, yes, a lot of people who don't even have a dog or any other pet, are often interested in such reports because it does seem to validate what a lot of people report about WW... and it doesn't seem like it's a subjective opinion, or imagined benefit, when it happens to a dog or other animals! Besides, who doesn't like a good pet story?

But speaking of "transferring" what's been said about WW and animals, to people, we're reminded of a situation a number of years ago where parents of a toddler girl (2 or 3 years old) heard about how **some horses would calm down from having WW sprayed along their spines**.

Well, these parents' **toddler girl was "just about impossible" to get to sleep at night...** they would spend hours reading to her, lying quietly beside her, playing the "who can keep their eyes shut the longest" game, etc., etc., but it was an every night ordeal to get the little girl to fall asleep. So, when they heard about those horses... they filled a spray bottle with WW, and sprayed her spine area with it... sleep came easy that night. And every night thereafter.

Then they ran out of the WW. They thought "no problem" and filled the spray bottle with regular water... sprayed her back... no sleep came... back to a very long night. They got WW the next day and that night...sprayed her back, and she was in dreamland easy as could be. That convinced them it wasn't just spraying water on her back that worked, it was **spraying WW on her back that worked, and obviously not "just in her head"**. ♦



## Trivia & Tidbits . . .

1. What is the "lead" in pencil leads?
2. What temperature do honey bees keep their hives year-round?
3. What kind of creature do Australians call a tassled wobbegong?
4. How thick must the layer of gold be when electroplated to metal in jewelry?
5. What is a group of foxes called?
6. What is a wrinkle?
7. How many times its body weight can a worker ant carry ?
8. Unappetizing but interesting: How much saliva does average human produce daily?

### AND THE ANSWER IS...

1. Graphite & clay. Lead pencils never were lead; graphite was once though a type of lead.
2. An even 94 degrees F.
3. A shark found near Australia's Coral Barrier Reef.
4. At least 7 millionths of an inch thick, an it must be at least 10-karat gold.
5. A skulk.
6. An edible sea snail
7. Up to 50 times its body weight. More worker ant trivia: worker ants are always female.
8. One quart (32 ounces).

On the Web...  
**WillardsWater.com**

Or  
**NutritionCoalition.com**

Please Note: We are not health authorities of any kind. This newsletter represents our own views—presenting information we believe to be true and correct, but is "opinion", nonetheless. We also have a vested interest in most of these topics, so don't claim to be impartial. This newsletter, or anything else we publish, is no substitute for a competent health professional. User reports, though published here, don't prove anything—we pass them along because they certainly are of interest to others using the same

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## PRODUCT HIGHLIGHTS & UPDATES FROM CHARLIE

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### More Energy? A Better Mood? Less Anger? Less Confusion? Fewer Asthma Episodes? Less Pain?

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A new study found that slight dehydration can zap your energy, and participants in the study were found to have more **fatigue, anger, depression, and confusion** than the study participants who were well-hydrated. All that from simply getting enough water? That's right.

But, anyone familiar with Dr. F. Batmanghelidj's book "Your Body's Many Cries for Water", wouldn't be surprised by any of this.

In fact, to conserve space here, just check out the "reviews" on that book on Amazon.com ... Just go to amazon.com and search for "Your Body's Many Cries for Water" by Dr. Batmanghelidj and then click on the reviews.

Reading those reviews might "make a believer" in even the greatest skeptic -- even the one rated "most helpful **critical** review" praises Dr. Batmanghelidj's system for making that reviewer's **asthma "SOOO much better"!**

The "most helpful positive review" cited the good doctor's recommendations for how much water to drink, which, we admit, is a lot.

It would mean a 150 lb. person who drinks one cup of coffee a day and has a 32-oz soda, would need to drink 135 ounces of water a day--which, of course, is 7 ounces more than a gallon. Putting it another way, it takes SIXTEEN 8-oz glasses to equal a gallon, so this would be just an ounce shy of SEVENTEEN glasses a day. But, the reviewers who followed that system, DID rave about the results.

### Can't Imagine Drinking That Much Water?

All of this made us (of course) think about the rave reviews Willard's Water

("WW") has always received for all those same health problems. BUT people drinking WW, don't seem to drink nearly that much. In fact, the most typical report of daily consumption is about 32 ounces from their "mixed up gallon". And you can even drink it as tea, or coffee, or cook or bake with it to get some of your daily intake. You can't hurt it by heating it or cooling it.

We have had body builders tell us that WW hydrates them much better than regular water, and we've had veterinarians tell us that sick animals who were seriously dehydrated got re-hydrated MUCH faster than they should have for the amount of water they drank, WHEN that water was WW.

Prove anything? NO. And we're just lay people, not experts at all. But we do know we've been hearing from people AND natural health experts for years who have said that WW definitely seems to hydrate better than regular water.

### Want Even "More For Your Money"?

WW has been reported to have a number of additional benefits... like

- being a tremendous **antioxidant and free radical scavenger**,
- raising one's **alkalinity** which natural health experts say helps prevent and fight off numerous health problems, and
- it **reduces inflammation & swelling**, and
- helps you to **absorb a higher percentage of the nutrients** you take in, and
- **eliminate more of the toxins and wastes** that you need to get rid of.

So, given how great water itself is for people (if you believe Dr. Batmanghelidj's book, and all those review-

ers of it, and the study mentioned above which was published in Perceptual and Motor Skills, August 2009) is it really so amazing that WW which may well hydrate even more effectively than regular water, and which has all those other additional beneficial characteristics, would be even more amazing?

We've often pointed out one reason WW "sounds like snake oil" to people who aren't familiar with it, is that it seems to do "too many" things. But, the fact is, it only does a few things... but those few things (mentioned above in that list) have such a broad range of impacts on health, it SEEMS like it does many different things.

For instance, if someone isn't absorbing Vitamin C very well, they may bruise quite easily. If they start drinking WW and stop bruising, they may think WW stops bruising, when it really just helped their body to start absorbing enough Vitamin C to do the job. A person with poor night vision may drink WW and see improvement in their night vision... doesn't mean WW helps night vision, but maybe WW helped that person absorb Vitamin A better, which is said to help night vision. Someone else might say their arthritic knuckles went back down to normal size, so they'd think WW helps arthritis. No, it probably just took down that swelling-- another one of the items on that list. Etc.

The "unusual" characteristics of WW pretty much explain anything it ever does, or has done. Explaining it that way also makes it simpler and probably more credible to most people.

Add all that to the benefits of regular water that are now being recognized, and it's no wonder WW seems like such a marvel to so many people, and one they won't be without!

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### ***“The Sign Came In Time”***

“You never really know how you will react when someone you love dies. My mother had told me for years that when she was gone, she wanted me to have the large antique amethyst ring she began wearing when she finally stopped wearing her wedding ring several years after my father passed away. As it turned out, my father died nearly 27 years before my mother did, and she probably wore that ring for the last 22 or 23 years of her life.

“I was stunned by my aversion to keeping her ring after she passed away. But when our family gathered at the Funeral Home to make her arrangements, and the funeral director asked if her jewelry should be removed, my sisters immediately said yes, as I was uttering ‘No, she should keep her amethyst ring on’... it surprised me to hear myself say that. But somehow all the logical reasons not to do that, seemed so wrong to me... I wanted her to have that ring... I wanted to forever think of her as in that small way still being ‘the same’ somehow, I guess.

Everyone told me that would be a terrible mistake... ‘Mom

wanted you to have it’. I somehow couldn’t bear it. I told the funeral director I would think it over, and let him know by before her funeral.

“The morning of her funeral, I prayed that if I should keep it, I would get a clear sign. Hours passed, we went to the funeral. The family met in a room off the front foyer of the church where my mother was for people to pay their last respects.

“I was shocked to hear a familiar voice from years gone by come up beside me, saying ‘I’m so glad you have it...your mother told me so often how glad she was you wear big rings and would have her ring after she was gone. She knew your sisters wouldn’t wear it as they don’t wear big rings, but you do. She was so happy you would have it.’ What clearer sign could I get? I told the funeral director right after that to remove my mother’s ring, I was keeping it. I’m glad every day that I did...I enjoy looking down countless times a day, smiling as I see Mom’s ring on my hand. I am so grateful the sign came in time.” ♦

*Editor: This is Reprinted by request from an earlier issue. We invite you to share your own miraculous/unexplained help/fork-in-the-road stories with us, for sharing with others, anonymously, if you choose.*



## **E-Mails, Mailbag & Phone Calls . . .**



### **Menu of Problems, Gone** —

When “E.B.” phoned in an order recently and wanted us to know that now, in his late 70s, he is in better health than he’s ever been, and he credits the Willard’s Water. He said “I used to have **asthma, hay fever, back spasms, and arthritic knees**, and I don’t any more”... says they all “left him” after he got on Ultimate Dark Willard’s Water regularly.

**Cat’s Meow** — A customer who was introduced to Ultimate Dark Willard’s Water by her sister found that she really loved the WW... and then her sister told her she should give it to her cat, too. After the cat “got on the WW”, she noticed her **fur was so much softer**. And, to her surprise, other people noticed the cat’s softer fur too, without being told anything about it. Happy, soft, kitty! And happy “kitty’s mom”!

**Dermatitis** — “P.A.” put a little Thank You Note in with her mailed order recently, letting us know “My dermatitis is 70% better. Thank You. This **Aqua Gel** is great!” Aqua Gel is our multi-use Willard’s Water based gel. People love it for seemingly any skin condition from acne to psoriasis, plus burns, sunburns, insect bites, more manageable and thicker-looking hair, and on and on. It’s Item No. AG-4 (4-oz) and AG-8 (8-oz).

**Toddler’s Sensitive Skin Finally Happy** — “Everything irritated my little granddaughter’s skin... even natural soaps... everything left her skin red, blotchy and itchy”... not a happy thing for a 2-year-old. Then “they tried the **Willard’s Water Natural Soap**” and her skin is perfect! She’s happy, her parents are happy, and this Grandma is happy for sure.” That soap is Item No. E-101. She said it’s the only WW soap they tried, so the others might have worked too, but too happy with this to even try the others! ♦



# More Product Highlights & Updates from Charlie

## FAQ's on Willard's Water; And Another Common Rx Drug Linked to Memory Loss and Much More

### “Can You Drink This Stuff?”

That question always catches my attention .. and makes me hope the person asking it hasn't yet seen any of our information on Willard's Water (“WW”) because if he or she has seen it, and still isn't clear on that, it would definitely indicate we're certainly not doing a good job of educating our customers and others!

That question is often prefaced by "this may be a stupid question, but . . ."

If you don't know the answer , it is NOT a stupid question . . . as one of my high school teachers would say.

My answer sometimes is, "well, I sure hope so, because I've been drinking it every day for well over thirty years"!

But it is actually a very good, and understandable question, because the person asking may very well have been led to Willard's Water by someone telling him it was the greatest thing ever for burns or sunburns, or some other similar topical use.

Or that it is the greatest, and most economical thing ever, for your house plants or garden.

So does that sound like something you would automatically assume people also drink?

No, it sure doesn't.

But we assure the questioner that probably the very largest percentage of the Willard's Water that we ship out of here, winds up in "people's tummies, or doggies or kitties tummies".

All of this leads to the next obvious question...

### “How Much Should I Drink?”

Our standard answer is that our long experience with it tells us that if an adult drinks 32 oz per day of the "ounce of concentrate per gallon of drinking water" mixture, that will usually be enough to "show you if it's likely going to give you whatever you were looking for" . . . and we put it that way because, as with most of the supplements we all take, we know that most of the benefits will be "under the radar" . . . not all that obvious.

For example, if it's helping you to absorb a higher percentage of the nutrients you take in, there may be long-term benefits you can't see, but they're taking place in your body anyway.... Absorbing more Vitamin C may mean you won't bruise so easily next time you take a fall or bump your arm or whatever... but until you do that you wouldn't “see” that benefit was happening.

But if you do see obvious benefit in some way, you'll normally see it in a month or two of drinking it every day. And even though most people see an “inkling” of that in the first month, some people seem to take longer to see it... often it depends on the person's age, how long they've had the problem, what their diet consists of, how severe the problem is, etc.

### “Any Harm In Drinking More?”

No. We, and a great many other users, have typically consumed more than the “typical 32-ounces a day”. . . there are folks who are heavy water drinkers who drink a gallon or more a day, and have for a great many years.

But our experience is that 32 oz a day, is

the most typical amount most people drink. (That's 32 oz a day of the mixed-for-use product... not the concentrate, remember!)

### “Could I Get By With Less?”

.. Typically asked, of course, by one of our many customers who is on a very tight budget . . . buying a gallon would get the cost down below ten dollars a month (rather incredibly low for something with so many uses), but finding the money to buy that gallon can be a big obstacle.

Our answer is .. "we are each unique . . . some people may do fine on as little as a cup a day . . . for others, the optimum may be a couple of quarts. But try it first at the 32 oz per day and see what it does for you. Then you can 'back off' on the daily amount to see if those apparent benefits are still there. If they are, there's your answer."

But, if you don't get as much benefit drinking less than 32-oz a day, don't feel bad... it only takes 8-oz of Concentrate to provide you the 32-oz a day for 30 days. That makes it still one of the most economical products we've ever run across for getting the variety of benefits that people report again, and again, from their Willard's water use.

### “How Do I Use It Topically?”

For nearly any topical use, you mix it the same as for drinking... 1 ounce to a gallon, or 1/2 teaspoon for 8-oz. Then just spray it on.

Or, as most people prefer, use our more convenient Gels...which don't run off or evaporate as liquid water does.

The **Aqua Gel** is for multiple uses, from acne to burns, sunburns, insect bites, etc. **Chinota Gel** is for more severe or more chronic pain, such as arthritis or severe pain of any kind. ♦

# Very Common Rx Drug Linked to Memory Problems, Host of Side Effects, & Critical Nutrient Depletion

We've reported in this newsletter before that cholesterol lowering drugs (Statins) often cause memory and other cognitive problems in those taking them. Only recently did we see a report that offered an explanation of why this occurs. Oddly, the discovery was made by accident when a group of researchers were trying to find a drug that might benefit people with Autism.

Their experiment involved exposing mutant nerve cells from fruit flies to 1,040 different drugs (one at a time) to see whether any of the drugs would reduce the damaging effect of the genetic defect on the cells. Imagine the surprise the researchers felt when they found that four of the drugs — and only those four — **caused the same kind of “dramatic and obvious swelling” in the nerve cells**. The four lone drugs that caused that were all statin drugs... Lipitor, Mevacor, Crestor, and Pravachol.

The scientists nicknamed the statin-induced swelling the “beads-on-a-string” effect because they said that’s exactly what it resembled under a microscope.

The reason this may explain why people taking statin drugs often develop cognitive problems is that **the swelling was found to interrupt the flow of information along the nerve cells**, so they were unable to properly grow branches.

However, the good news it would seem to us laypeople, was that when the statins were removed so the nerve cells were no longer exposed to those drugs, the beads-on-a-string bulges disappeared, and the nerve cells returned to normal growth.

So, it is said this series of events in this experiment may explain **why many statin users often develop cognitive problems**. That statin-induced swelling could be interrupting the flow of “traffic” inside the branches of the nerve cells, and result in slowing down or otherwise influencing or impacting thinking, judgment, and behavior. And, furthermore, if the swelling goes away once the drugs are eliminated, it may explain why people who develop memory problems while taking

statins, usually see those problems go away once they stop taking the statins.

But this isn't the only problem reported from Statin drugs. Another is that some say a sort of “vicious circle” is apparently not uncommon when people are first prescribed a statin drug due to elevated cholesterol levels. What one report said often happens is that an otherwise healthy person finds out during their regular check-up that they have high cholesterol. Their doctor prescribes a statin medicine for them, and often those medications do reduce “bad cholesterol”.

But those statins come with more than a few negative side effects, including (but perhaps not limited to) these:

- ◆ **Muscle Pain and Weakness**
- ◆ **Headaches**
- ◆ **Memory loss and confusion**
- ◆ **Fatigue**
- ◆ **Difficulty Sleeping**
- ◆ **Dizziness**
- ◆ **Nausea and Vomiting**
- ◆ **Diarrhea and Constipation**
- ◆ **Infertility**
- ◆ **Liver & Kidney Problems**
- ◆ **Permanent Nerve Damage**
- ◆ **Increased Risk for Type 2 Diabetes**

And there's one more sort of “**hidden danger or side effect**” of Statin drugs... **they deplete the body's supply of Coenzyme Q-10 (CoQ10)**. And, some say the depletion of this vital nutrient may be the greatest damage of all from statin drugs.

And, it isn't just a minor depletion in CoQ10. A Columbia University study in New York found that just **30 days of statin drugs (80 mg/day) decreased CoQ10 levels by half**.

Another study by researchers at Kanazawa University in Japan found that **smaller doses of statin drugs also reduce CoQ10**. After 8-weeks of statin drugs at just 10 mg per day, CoQ10 levels were still decreased by 40%. Depleting one's CoQ10 is a matter of significance because, even though CoQ10 is made by the body, it is not made in abundance. **CoQ10 is a fat-soluble antioxidant that's in every cell in the body, and plays an important role in the mitochondria** —

energy-producing part of the cell.

CoQ10 is important for the health of the **heart, cardiovascular system, brain, teeth, and many other parts of the human body**.

There are supplements of CoQ10 available. Lots of them. Unfortunately, many of them are pretty sad offerings in terms of quality. Many are synthetic. And even “natural” ones may not be what they claim to be. They may not supply as many milligrams as the label states (a problem with way too many supplements on the market), and some may have “odd ingredients” in them... a customer called us one day about a CoQ10 supplement he bought at a “big box discount store” that he said actually cost him more than ours would, but it was “handy” since he was already in that store...but he wondered why there was “Red Dye \_\_\_” in it. We said we had no idea why there would be **Red Dye** (he couldn't remember the number) **in any CoQ10 product**.

So we called Daily Mfg where our very high quality, natural, CoQ10 products come from. Well... when he finished gasping, the biochemist we talked to there, said the only conceivable reason he could think of for anyone to add Red Dye to CoQ10, which he had never heard of before, would be if the “CoQ10” they were using wasn't very good, very much, or perhaps not all CoQ10, so to get the product to look like the right color for CoQ10 a little “Red Dye” was what was called for. He said it would be funny if it wasn't do disgusting. We agree.

There used to be a jeweler in our area who had a slogan “If you don't know jewelry, know your jeweler”. We've often thought people should remember “if you don't know supplements, or can't assay every supplement you take, know your supplier”. We've never known a company with higher standards of production and integrity than Daily Mfg, and that's where nearly all our supplements come from. We, and you, can be confident in their products — CoQ10 & all the others. That CoQ10 is available in **50 mg Capsules in Item No. J-13**; in **100 mg Softgels in Item J-23**, and in the excellent combo product **Ener-Cell** (alpha lipoic acid, L-carnitine, Curcumin and CoQ0) **Item J-135**. **Tip: All items from Daily Mfg start with a J and a dash — like this “J-”** so you can easily identify those from Daily's. ♦