
From: Peter Attia <[REDACTED]>
Sent: Wednesday, September 16, 2015 4:15 AM
To: jeffrey E.
Cc: Bernard Kruger <[REDACTED]>
Subject: CoQ10

Bernie, with your blessing, I'd like Jeffry to take 300 mg of CoQ10 in the AM and 300 mg in the PM.

I'm fond of this formulation: http://www.amazon.com/NatureWise-Ubiquinol-Clinically-Tested-Kaneka/dp/B00E=VQ3BA/ref=sr_1_1?s=hpc&ie=UTF8&qid=1442376773&sr=1-1&keywords=ubiquinol
<http://www.amazon.com/NatureWise-Ubiquinol-Clinically-Tested-Kaneka/dp/B00EFVQ3BA/ref=sr_1_1?s=hpc&ie=UTF8&qid=1442376773&a=p;sr=1-1&keywords=ubiquinol>

Hoping this increases statin tolerance as we ponder PCSK9i.

Peter

Peter Attia </=pan> | Nutrition Science Initiative (NuSI) <<http://www.nusi.org/>> | President [REDACTED]
[REDACTED] www.nusi.org

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