GG-Pure and CoQ10: Your Ultimate Guide to Statin Support Transcript

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Podcast Intro and Guest Introduction

Welcome to Doctor Talks, the podcast where every episode leads to a healthier you. Join us as we navigate the world of optimal health, uncovering groundbreaking strategies to conquer chronic disease.

In each episode, we'll bring you the latest insights from leading health experts, medical innovators, and wellness warriors. If you're seeking to transform your health journey, or if you're looking for answers to burning questions, you've come to the right place.

Get ready to unlock the secrets of lifelong health and vitality. This is Doctor Talks, real talk from real doctors on the issues that matter to you most.

Welcome, everybody. Sit still. Get out of notepad. You're in for a real treat. High energy treat. Reverse heart disease. Naturally. Summit. Joel Gordon, cardiologist.

Bringing you an exciting interview. And let me set up for you who our speaker is, because you're going to say why? Why there's a smart people on the planet and thank goodness they're helping us in the medical world.

So this is Barry Tan, PhD, known as Doctor Barry. To many people. He's got a PhD in chemistry and biochemistry from New Zealand, spent many years as a professor at UMass, committed himself to researching plant nutrients, metabolism, certainly the world expert in vitamin E and identifying that there's a specific vitamin E called toko.

Try and also from an incredible plant in the Amazon called the annatto plant. He's been an entrepreneur and has started up companies and advise companies.

He's been on many media and podcasts because he's lively and amazing. Currently, he's president of a company in Massachusetts called American River nutrition.

I've had the pleasure of hearing him lecture, hearing him on interviews. It's a great time. And he's going to tell us, a follow up to a previous interview we did we did an amazing interview with Ivor Cummins from Ireland about a product that Doctor Barry Tan developed and patented, also from the annatto plant.

And you want to be sure to listen to Doctor Tan. And this lecture in conjunction with the Ivor Cummins, G pure lecture because we're going to talk about even more advances for heart patients.

But I just want to set it up for one more minute. I have an active practice as a cardiologist. I have patients with serious heart disease. I have patients who come to find out if they have heart disease.

I have patients who are on a statin cholesterol medication.

Why Statins Lower CoQ10 and Muscle Support Matters

I have patients not honest that I patients on coenzyme Q10 is a supplement, patients not on coenzyme Q10. We know from the science and I can verify from my patients.

If you're getting older you're making less coenzyme Q10, the powerhouse of your cells. And actually the strongest fat based antioxidant in the body. If you're getting older, you're making less code Q10.

If you're on a statin, you're making way less Co Q10 because we know that statins block the production of this very important molecule, natural to the body, called CoQ10.

I draw blood levels on CoQ10 for every patient I see. If you're older and slow, if you're on a statin, it's incredibly low. If I supplement, you know, when it goes up and people feel better.

And the final statement is there is incredible data for actual conditions like congestive heart failure, that coenzyme Q10 is a therapy. It is been studied in randomized, double blind studies.

There's data from northern Europe. If you're over 70 and you did go good, then your cardiac outcome is improved and just reasonably good. Audience in one of the largest vitamin company, studies ever with over 800,000 participants, coenzyme Q10 was found to reduce cardiac events by 32%.

So I hope you're excited that we've got a man here focusing for us on a solution. You're on a stand, but you're concerned. You looking for statin relief? Okay, doctor.

Jan, welcome. Thank you, thank you, thank you for having me. Y you you you're great. And what you're saying about statin. So I'm glad to be here. Well, you know, the truth is many people are pro statin anti-state.

And we're not going to discuss that. People are going to be on statins to get their cholesterol at a level consistent with the current recommendations in science.

And we want to avoid side effects and brain fog and muscle pain and, potentially a blood sugar elevation and interruption of other pathways. And you're the solution maker. It's amazing.

So let's start. We've got this molecule you've basically identified in the Amazon, have patented and are offering up, to the public as a supplement called GG pure that I discussed with doctor.

Well, excuse me, I call him Doctor Ivor Cummins. He's an engineer, but he's brilliant. And, he'll take the compliment that I called him doctor Ivor Cummins is not.

But what was going through your brain? I brought the world GPS pure for statin patients to support their metabolism physiology while I to make it. I'm going to make it even better.

Tell us about it, and I'm done. Yeah. Okay. I will tell you this one. My discovery of GPS in the Amazonian plant. Not though, give you show you a picture of how annatto is.

We use it for coloring cheeses. If you look at the color here, this is a very unusual fruit with no flash. So the seat looked like a decoy as a flash, so that the birds of the air and and and the frog would consume them.

Found out that the thing that protect the color is this compound. If you look at my name, you'll find this vitamin E to go try, you know, why do I show you that have something to eat if I purposely get off screen?

You see this molecule here that is g g. So g g is required for the entire synthesis of this vitamin E molecule. I'm not here to talk about to go to you know, so I knew when I was knocking at the plant that that color is not destroyed.

It must be a powerful antioxidant. First I discovered took gold right now. So I extracted it after I've done everything, you know. Doctor, I discovered everything.

Then I took it out and I said, oh, I still have 1 or 2% in the bottom of the pot. I don't know what it is. So it was actually a pure accidental fine. So my chemistry mind came into play and he said, oh, this is a compound called GI.

Now, Joe, you know, so why g g why is this compound needed? Then I say, wait a minute. The entire molecule, of Tokyo, you know, have g g embedded in it.

Human being cannot do that. Cannot use g g to make topcoat. Why not? Then I said, wait a minute. This same compound g g that make Tokyo two. I know in the pandemic, many other things in the Japan also is needed in the human body.

Oh my goodness, in the human body is we g g is required for the synthesis of at least three things I know.

Discovering GG from Annatto and Its Role in the Body

Then you can then branch off is required for the synthesis of skeletal muscle protein myopathy. Think myopathy, skeletal muscle protein synthesis, things.

Sarcopenia like that is required in a body for the synthesis of other, CoQ10 that are and it's required in a body for the synthesis of Mk4. My goodness, I gave you three big one.

But I'm here because you are cardiologist. So for the cardiology aspect, the synthesis of skeletal muscle protein is all time important. And the synthesis of CoQ10 is all time important.

So anyway, for g g in what is worth in a human body, even if you are not taking statine drug is simply required to make muscle in our body. Some 30 to 40% of our body weight is a muscle.

So as we grow older and we put on more weight, it is the fat to mask the muscle. So we are going to sarcopenia. And of course if you will bring in on stepped in taking that so many people are taking to control cholesterol, then the situation would be compounded because starting that inhibit cholesterol synthesis is also in the same pathway that inhibit G g.

And this is why when people takes that didn't drug they have muscle problem. Actually, if I may say it is the the drop in CoQ10 when people take steps in drug.

If you listen, this is actually a biomarker for g g drop because when g g drop is unable, it isn't enough there to make CoQ10. That's why co Q10 drop.

So I'm bringing that piece in Doctor Khan for you to see if you ever see people that low CoQ10 because of statine or not because of statin, you'll immediately say that they're going to have heart problem.

Correct. But probably you can then say further, probably they have low CoQ10 because all the time the body is not making enough g g. So you can also suspect if they don't make enough g g they're going to have muscle problem, CoQ10 problem.

And you know something? When people have vitamin K2 drop they probably have calcification arteriosclerosis. And that's MK four. And MK four is absolutely needed.

G for its synthesis. Otherwise MK four cannot be synthesized in our body. And I so appreciate your incredible knowledge enthusiasm. I just want to repeat that.

So I can demonstrate to the world. I understand it that with age we make less coenzyme Q10 and produce less of this compound. You found at the bottom of the test tube while you were playing around with vitamin E, go try and also called Jaeger, Nile, Gentile.

And as we age that happens. But if we add a statin cholesterol lowering medication, which will be needed for many people by 40 million Americans, I think is this statistic, I understand it's only going to accelerate and the process is going to speed up.

But it's not just you're blocking the production of CoQ10. You just told us we're going to block the production of muscle protein synthesis in the skeletal muscles.

And Mk4, just in case people didn't catch that is a version of vitamin K2. And you don't want to block the production of vitamin K2 and may accelerate calcification of your arteries.

Some people are taking vitamin K2, but we certainly don't want to block the production of vitamin K2. So I think this

amazing idea and there's so much beautiful science.

But why have you now worked to bring to the public? And I'm excited, as a cardiologist, a combination that we're going to call right now, extend all that is GPS, plus a version of CoQ10.

That's the best version of CoQ10, called when you put them together in a capsule. And what was your thinking? How could that be even better? Okay. Thank you. Excellent question, Doctor Khan.

The first I thought, for as far as any cardiac support is concerned, clearly is CoQ10 because in the cardiac muscle it has a highest amount of CoQ10, probably because of the absolute necessity for the conversion of ATP energy, for which Nobel Prize was given in 1978.

And the heart does not go to sleep, so have to have CoQ10. So I thought then adding ghee to CoQ10 would be good. So I put a lot of thought into these.

First, CoQ10 is an albatross of a of a molecule. It's very large, hard to get in. So I need the coke. You tend to be in a place that is more bioavailable to absorb better and reduce its form of CoQ10, called you'll be quinone.

Oxidized form is you'll be quinone. They are redox pay, which means that they go from each other. However, if you have to reduce one to absorb better.

So I need the reduced form and it is the form that the body needs one. Then I need to add in G. G., because I just explained that GJ is able, require it in a body for the synthesis of CoQ10.

I'm going to move away from here so that the audience can see here in the background, here on the back. That's a molecule of CoQ10. Here in the front is a molecule of g g and GG2 and a half time.

The length of the GPS tail is the entire tail of the albatross. CoQ10. Miraculously, our body makes like that. So I need g g in there to assist in the process to make CoQ10.

This is the first time ever we take supplemental CoQ10. Right now. There's nothing else out there to help the body to make CoQ10 except g g the ring of the GG tyrosine.

ExtenQuinol: Combining GG Pure with Reduced CoQ10

That's one of the, amino acid to 20 essential amino acid. But the tail is not an amino acid. It requires g g like that. So if one takes that didn't and inhibits it and then inhibit CoQ10, and not surprisingly, CoQ10 and g g drop.

So I can combine distinct to when I combine them together, it allows the absorption to be better as well. At the same, Coke, you tend to be in the active form, so when I put them two together, it addresses two things.

It encourages the body to absorb the CoQ10, the necessary one. And it also a lot. And people who take CoQ10 are already people who know about taking in.

And the way that this can be reduced would be to make sure that I have g g, because often enough people who takes that in and stop taking it is because a muscular problem.

So the g g will be able to circumvent the possibility of muscle problem enough that this, doctor can you may not notice we're now conducting a head to head trial in Texas Tech University in Lubbock whereby people.

I'll say it all in one sentence, people who are on stepped in under a cardiologist care running on a medical treadmill that would have myopathy, and they will be given a g g to see if the g g would reverse the problem of myopathy.

If I got it, that won't be finished until end of this year. If I get the data, then that would be solid in animal study is already consistently showed repeatedly that the myopathy costs in animal onset.

It is because of g g. Wow. So again breaking it down. Make sure I understand you could have picked off the shelf a form of CoQ10 called ubiquitin, on which many people buy if you turn your bottle around, but you picked the preferred, better absorbed version called ubiquitin All, which is why this product is called Exten Quinault.

Because you picked ubiquitin all the better absorb more potent version. The reduced version of coenzyme Q10. And that's what you added to g g pure. So here we have a patient taking 40mg of Lipitor and no supplementation.

Theoretically there are skeletal muscle protein synthesis there. Vitamin K2 Mk for production. And certainly there coenzyme Q10 production are at risk.

And they may or may not feel bad, but their physiology may be interrupted. And we all live in the medical world with that concept. First do no harm primum non no.

Sorry, but here, by combining the preferred version of coenzyme Q10, ubiquitin all and Gpcr in one capsule called Extend Canal, you've got basically Staten relief, Staten aid, Staten Helper.

I hate to call it like Tuna Helper, but Staten helper, you got you can take your drug and theoretic. And while I'll await this Texas Tech study, you can protect your physiology from having some, you know, collateral damage.

I think that would be a good term. A lot of people here in the news that comes as we know, many drugs have collateral damage. They have the potential for side effects.

So we're not claiming we just cured anything. But you're supporting beautiful biochemistry and beautiful physiology. Yeah, that is correct. And to add on, before we move on for this point, I went to study first.

We know that statin have a side effects of muscle damage as early as 1980s a about two years after the introduction of the first act in medical because of the rectal myelitis that were published in New England Journal of Medicine, then if you fast forward another 20 years in the famed Jupiter study, also published in New England Journal of Medicine, they noticed that rosuvastatin, which is Crestor, work to help people to control cardiovascular risk.

We know statin does it exceedingly well towards the end, they reported that the sugar creeps up. That was in 2008, an FDA say they should be in a label in 2012.

So it took another ten years. Doctor Khan, for people to pin down the biochemistry. Why in the jolly world that statin caused a diabetes onset? That's a very curious question.

They figured out they just published last year. And the reason is days when we eat food, sugar goes up. Insulin is produced in the pancreas just right behind.

As the ceiling goes up, the sugar come down like that. So in after two hours the sugar comes down. But over time does it not. So remember on the backdrop is American Diabetes Association said every diabetic should be taking statine drug because they have three times the chance of having cardiovascular risk.

So for that implication is good. But ironically, the sugar slowly creeps up. They now found a reason. The reason is because there is a protein called Glut four glut four, and Glut four.

Does this. The insulin not only can chaperon the sugar to the cell wall, but insulin does not get inside the cell wall. But as the insulin bring the glucose there, the cell will bring the glut for protein is actually a glucose transporter.

Grab, the sugar and takes it in and an insulin never get inside the cell.

Statin Side Effects, Blood Sugar, and Glut4

It goes in that Glut four is a protein and that good for literally requires GPS for its synthesis. And so if you inhibit

GPS it cannot make the Glut four.

So that means that the sugar is almost getting to home run but cannot get to the fourth base because the good for is not. Bring it in. Ladies and gentlemen, this is as good as it's ever going to get is.

My goodness. And I didn't do the study. I will soon. I'll be gladly send that paper to you. Just published in the last three months. Shocking thing. And then I thought, wow.

So if this is not checked and and people are not checking this other than I talked to my cardiologist, I'm taking statin because my character is very high.

I asked my doctor said what? What what do you think about my sugar? I have to ask my doctor, can you please measure my sugar? And then he did. If I didn't, he said, and then other than he said, well, what do you want to do?

Mr. Tan, he said that if you don't take setting well, then you have this cardiovascular problem. You just have to live with your sugar. Well, I'm trying to figure out how to live with my sugar.

And perhaps for me, that the GPS may be the answer. Wow. So that's fascinating. And if people didn't know Doctor Tan is not an anti anything. You just get your product information insert that comes with any statin and it'll mention a few potential side effects like every other pharmaceutical drug.

But one is inducing pre-diabetes and even pushing people into the diabetic range. And, you know, many people listening are aware of that. But some people have been wondering, why is my hemoglobin A1 C up, and why did my doctor say my fasting blood sugar and then never connected it to their Lipitor, or to their Crestor to.

There's no core to their protocol. Those are the name brand names, of course, it's almost all generic drugs. So if you really influence this insulin sensitivity by yeah, you know, this great, great combination you've created that we're calling extend all today that will provide the co Q10 and in this case the g g pure to offset insulin resistance.

And people taking stands. I mean I hope the Nobel Prize committee is waiting and has your cell phone number because that is huge. It's huge I mean primum non nasri give the best to the drug for cholesterol lowering and lower the risk of side effects.

I mean what an incredible contribution. Well thank you so much. For me this is a blessing. If if with all this if I can make what GPS can do to the human body, then it would be the best time for me to retire.

I my wife said that you probably will never retire, but this would be okay. Can you imagine that this was an accidental fine. I'll go to it. I figured out what put the color in the annatto plan.

Was that Taco? Try it now. This is the remaining 2% in the bottom of the pot. And it has to. And then I decided to look. If I didn't, then now, for the audience purposes, this is the last path before a plan.

Segway. From an animal in the plan. When? Next time, when you eat your vegetable. If you see anything green with just about everything in plant is green chlorophyl it has to have a GPS molecule.

If you see any color like beta carotene in lutein, lycopene, all these wonderful things people talk about, they cannot be synthesized with algae. So it's absolutely required for the existence of the plant in the human.

It will be sweetening it probably more. I know of sweetening CoQ10 synthesis, which is good for energy and antioxidant MK for synthesis. You sweep the calcium from soft tissue to the heart tissue so that you can have bone health, but not later it in the artery or the kidney or the gall.

Like this. And the last one, which is biggest of them all, that the required synthesis of skeletal muscle protein requires. G. G. summarize it in all these three, even if it's for no other reason for not taking any medication.

G is actually an anti anti-aging supplement. Now I note I'm going to throw this and the last thing in if you go to read an anti osteoporosis drug for postmenopausal women is best for me it's a good thing you'll bring the calcium to the bone.

GG Beyond Heart Health: Bone, Muscle, and Anti-Aging

If you read carefully on the side effect of this phosphate it cause necrosis of the jaw. Why. The necrosis of the jaw is because the best phosphate land on the jaw.

And then it caused the jaw to die. They nail it. The reason that the jaw die is because they inhibit a protein that desperately require Gigi to me. So the nail, the Gigi and then they have narcosis of the jaw.

Could you believe this? Gigi? Have so many implication in our body is chalky. I know he's not cardiovascular, but Gigi is actually an anti-aging thing.

Our body quietly make it to make other thing. So it is taken for granted. It just. You just have to be there. But until until there's a manifestation of a disease, probably people will never care about Gigi.

So I'm trying to bring the biochemistry to bear so that people care about this guy. Well, I think a lot of people that have watch this and a lot of people are going to tell their friends and relatives that Doctor Barry Tan has created, a statin relieving compound, a statin protection compound, a statin aid compound that we're going to call again, extend quitting all.

And that combines the best kind of coenzyme Q10 for heart support, the best kind of GG pure for all these body wide biochemical advantages. And I think the future is bright and beautiful.

So let's just say thank you to Doctor Tan. Thank you, Doctor Khan. You are wonderful to bring this kind of message to the listeners out there. They need alternative medical doctors and cardiologists like you to bring the message to the people.

So thank you for very much for doing what you're doing. And I'll simply say, I would think the pharmaceutical industry would actually thank you, too, because so many people are hesitant to start a statin.

I'm not encouraging that opinion, but so many people are. But if we can spread the word and you can take what you need for your heart support according to your medical team, your cardiology team, and take a supplement to protect you, to shield you that's come up with another name statin shield.

But we're going to produce extend going all as a shield for those in a statin. I mean what a great, great, great thing you've done. So again thank you so much.

Thank you. Thank you for tuning in to Doctor Talks. We hope today's episode has enlightened and inspired you on your path to optimal health. Each day is a new opportunity to make choices that empower your well-being.

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Real talks from real doctors on the issues that matter to you most.