CoEnzyme Q_{10} (CoQ_{10})

WHAT IS IT?

CoEnzyme Q_{10}, or ubiquinone, is an antioxidant produced by the body and consumed in the diet (e.g., fish, organ meats, whole grains). It is necessary for the basic functioning of cells and vital to a range of activities involved in energy metabolism. The heart, liver, kidney and pancreas have the highest concentrations of CoQ_{10} in the body.

WHO MIGHT CONSIDER TAKING THIS?

Your health care provider may recommend CoQ_{10} supplements if you are at high risk or have any of the following:

- High blood pressure
- Congestive heart failure
- Fibromyalgia/Chronic Fatigue Syndrome
- Migraine headaches
- Autoimmune disease
- Statin-induced muscle pains

PREPARATIONS AND DOSAGE

Ubiquinone is typically supplemented in soft gels or chewable wafers. The body must convert ubiquinone into ubiquinol, the reduced form of CoQ_{10}. This conversion may be compromised in some individuals, so ubiquinol is also available as a capsule or softgel supplement. While more bioavailable, ubiquinol tends to be more expensive.

DOSE:

CoQ_{10} dosing starts at 100mg once daily with dosages up to 400mg once daily being generally regarded as safe. CoQ_{10} should be taken with food as it is fat soluble.

CONCERNS?

CoQ_{10} is generally well tolerated. There is a possible interaction between CoQ_{10} and the blood thinner warfarin (coumadin) that can increase risk of bleeding. **Do not start CoQ_{10} without talking to your doctor if you are on warfarin. Do not take in pregnancy or while breastfeeding.**

Notes:

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