Coenzyme Q10

Formulation
Ubidecarenone (Coenzyme Q10) 150mg
Mixed tocopherols 21mg
(equiv. vitamin E 26.6IU)

TECHNICAL INFORMATION

Coenzyme Q10
CoQ10 is a naturally occurring substance which has a beneficial effect in reducing cellular damage during myocardial infarction and reperfusion. It plays a role in oxidative phosphorylation (i.e. energy production) and has a membrane stabilizing effect.

Mitochondrial Function
CoQ10 is an essential cofactor of the electron transport chain as well as a potent free radical scavenger in lipid and mitochondrial membranes. Oral administration of CoQ10 increases both brain and brain mitochondrial concentrations.[8] Some neurological diseases involve mitochondrial dysfunction and oxidative stress, therefore CoQ10 may also exhibit neuroprotective mechanisms.[9]

Mitochondrial dysfunction may play a role in migraine, with CoQ10 therapy showing significant improvements.[8]

Cardiovascular Health
Defective myocardial energy supply, due to lack of substrate and/or essential cofactors such as CoQ10 and poor utilization of oxygen is a common pathway in the progression of myocardial disease of various etiologies. CoQ10 deficiency has been observed in patients with congestive heart failure, angina pectoris, coronary artery disease, cardiomyopathy, hypertension and mitral valve prolapse.[10] It has been used to treat angina pectoris, hypertension, and congestive heart failure.[11,12]

Excipients
Glycine, silica colloidal anhydrous, vegetable capsules

Pack size
40 capsules

Dosage
1 capsule per day, or as recommended by your healthcare professional

Indications
- Antioxidant - may be beneficial for oxidative stress
- Helps maintain healthy cholesterol levels
- May help support a healthy cardiovascular system
- May help maintain normal mitochondrial function
- May help support normal healthy blood pressure

Interactions
High doses of Coenzyme Q10 are suspected to influence anticoagulant medications (e.g., warfarin).
- Beta-adrenergic antagonists
- Clonidine
- Tricyclic antidepressants
- Gemfibrozil
- Hydrochlorothiazide
- Methyl dopa
- Oral Contraceptives
- HMG-CoA reductase inhibitors (e.g. lovastatin)[6]

Contraindications
N/A

*for further information regarding drug/nutrient interactions contact Dr Vera’s on 1800 625 934*
Supplementation with 100-200mg of CoQ10 improves patients with dilated cardiomyopathy. CoQ10 is considered a safe and effective long term therapy for chronic cardiomyopathy.\(^1\)

**Antioxidant**

CoQ10 is a powerful antioxidant and is essential in the process of energy production or bio-energetics. CoQ10 acts in its reduced form, ubiquinol, as an antioxidant preventing the initiation and progression of lipid peroxidation directly by acting as a chain breaking antioxidant and indirectly by recycling vitamin E.\(^2\)

**Cholesterol**

In a randomised, double blind, placebo controlled trial, patients with clinical diagnosis of acute myocardial infarction, unstable angina or anginal pectoris with moderately raised lipoprotein(a) received either CoQ10 or placebo for a period of 28 days. Results showed that CoQ10 supplementation produced a significant reduction in lipoprotein(a), LDL cholesterol and blood glucose, with a significant increase in HDL cholesterol.\(^3\)

It is interesting to note that CoQ10 is synthesized by the same biochemical pathway as cholesterol. So patients who are taking drugs that reduce cholesterol by inhibiting HMG-CoA reductase (e.g. Lovastatin, Pravastatin) should supplement with CoQ10 to offset the reduced biosynthetic capacity for CoQ10.

**Blood Pressure**

A number of studies have highlighted CoQ10’s ability to reduce blood pressure in hypertensive patients. A review of eight published trials of CoQ10 in hypertension found that CoQ10 was devoid of side effects and may have a role as an adjuvant or alternative to conventional agents in the treatment of hypertension.\(^4\) In 2001, a randomised, double blind, placebo controlled trial with twice daily administration of 60mg of oral CoQ10 concluded that CoQ10 may be safely offered to hypertensive patients as an effective alternative or hypertensive treatment.\(^5\)

A separate study echoed these results indicating that 120 mg/day decreases blood pressure possibly by decreasing oxidative stress and insulin response in patients with known hypertension receiving conventional antihypertensive drugs.\(^6\)
References


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