

## **CoQ10 Patient Handout/Fact Sheet**

Heart disease remains the No. 1 cause of death in the United States, accounting for one in every three deaths.

Heart disease is an umbrella term for several illnesses including the following:

- atherosclerosis;
- ischemic stroke;
- congestive heart failure; and
- arrhythmia.

Coenzyme Q10 (CoQ10) is a fat-soluble compound found in every cell of the body that helps the mitochondria convert food into energy, and it's also an antioxidant.

CoQ10 isn't a vitamin; the body can make all the CoQ10 it needs.

There have been no reported deficiencies of CoQ10, and there's no Recommended Dietary Allowance.

### **Heart Failure**

CoQ10 supplementation may improve exercise tolerance and increase ejection fraction in patients with heart failure.

### **Coronary Heart Disease**

CoQ10 may help reduce levels of reactive oxygen species (ROS) due to its antioxidant properties. Excessive ROS has been linked to cardiovascular events.

### **Statins**

Patients taking statins have decreased plasma levels of CoQ10. Studies show mixed results on whether CoQ10 supplementation can improve muscle pain related to statin treatment.

### **Hypertension**

CoQ10 supplementation appears to help reduce blood pressure by an average of 17 mm Hg for systolic and 10 mm Hg for diastolic.

### **Heart Surgery**

A therapeutic dose of CoQ10 at least two weeks before heart surgery may improve postsurgical outcomes and recovery.

### **Dosing and Safety**

There have been no reports of adverse effects when taking doses as high as 1,200 mg/day of CoQ10.

It's been suggested that 1,200 mg/day be set as the observed safe level for CoQ10. The recommended dosage of CoQ10 is between 30 to 100 mg/day. Ideal therapeutic dosages may be even higher, depending on the condition.

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People may experience gastrointestinal discomfort with high levels; this can be minimized if the dose is spread out throughout the day.

CoQ10 is fat soluble, so it's best absorbed with a little bit of fat; gel caps, because they contain oil, are likely to be better absorbed.

CoQ10 may decrease the efficacy of warfarin when taken concomitantly.

CoQ10 isn't recommended for women who are pregnant or breast-feeding due to lack of safety evidence.