

Coenzyme Q10 (CoQ10)

Coenzyme Q10 (CoQ10) is an antioxidant that is necessary for cells to function properly. As you get older, levels of CoQ10 decrease, therefore there are certain populations that may benefit from a supplement. CoQ10 supplementation has been shown to benefit patients with cardiovascular disorders. Patients with heart failure reported improved heart function and also feeling better when taking CoQ10. Research has also been done in patients with drug-induced muscle weakness (i.e. statin medications for cholesterol), reproductive disorders, cancer, and other diseases. However, the data from these studies are limited and were not conclusive.

CoQ10 is found in fish, meats, and whole grains, but only contain small amounts that are not significant enough to boost the levels in your body. Studies have not reported any serious side effects from CoQ10, but the most common side effects include nausea, abdominal pain, dizziness and insomnia. CoQ10 should not be used if you are pregnant or breastfeeding. With regard to drug interactions, CoQ10 may make warfarin (Coumadin) less effective, therefore you should talk to your doctor or pharmacist before starting CoQ10.

An appropriate starting dose is 100mg daily, but feel free to talk to your doctor or one of our pharmacists if you have any questions about dosage.

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