



Health benefits of CoQ10



Coenzyme Q10 (CoQ10), an energy catalyst, sparks the release of cellular energy. An antioxidant made in the human body, CoQ10 is necessary for basic cell function. CoQ10 levels decrease with age and may be low in people with cancer, certain genetic disorders, diabetes, heart conditions, HIV/AIDS, muscular dystrophy, and Parkinson's disease. Some prescription drugs may also lower CoQ10 levels. Some researchers believe that CoQ10 may help with heart-related conditions, because it can improve energy release in cells, prevent blood clot formation, and act as an antioxidant.

Some studies suggest that coenzyme Q10 supplements, used either independently or in conjunction with other drug therapies, may help prevent or treat the following conditions:

High blood pressure: Several clinical studies involving suggest that CoQ10 may lower blood pressure noticeably in 4 to 12 weeks. In one analysis, after reviewing 12 clinical studies, researchers concluded that CoQ10 has the potential to lower systolic blood pressure by up to 17 mm Hg and diastolic blood pressure by 10 mm Hg, without significant side effects.

High cholesterol: People with high cholesterol tend to have lower levels of CoQ10, so CoQ10 has been proposed as a treatment for high cholesterol. There is also some evidence it may reduce side effects from conventional treatment with cholesterol-lowering drugs called statins, which reduce natural levels of CoQ10 in the body. Taking CoQ10 supplements can bring levels back to normal. Studies also show that CoQ10 may reduce the muscle pain associated with statin treatment.

Diabete: CoQ10 supplements may improve heart health and blood sugar and help manage high blood pressure in diabetics. Preliminary studies found that CoQ10 improves blood sugar control.

After Heart Attack: One clinical study found that daily CoQ10 supplementation taken within 3 days of a heart attack reduced subsequent heart attacks and chest pain. Risk of death from heart disease was also lower than those who did not take the supplements.

Heart failure (HF): One clinical study found that daily CoQ10 may help treat heart failure when combined with conventional medications. People with congestive heart failure, where the heart pumps blood inadequately, may also have low levels of CoQ10. Heart failure can cause blood to pool in parts of the body, such as the lungs and legs. It can also cause shortness of breath. Several clinical studies suggests that CoQ10 supplements help reduce swelling (edema) in the legs; reduce fluid in the lungs, making breathing easier; and increasing exercise capacity in people with heart failure.

Heart damage caused by chemotherapy: Several clinical studies suggest that CoQ10 may help prevent heart damage caused by certain chemotherapy drugs, Adriamycin, or other anthracycline medications.

Heart surgery: Clinical research indicates that introducing CoQ10 prior to heart surgery, including bypass surgery and heart transplantation, can reduce damage caused by free radicals, strengthen heart function, and lower the incidence of irregular heart beat (arrhythmias) during recovery.

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Other applications

Gum (Periodontal) disease: Gum disease is a common problem that causes swelling, bleeding, pain, and redness of the gums. Clinical studies show that people with gum disease tend to have low levels of CoQ10 in their gums. A few studies found that CoQ10 supplements led to faster healing and tissue repair.

Preliminary clinical studies also suggest that CoQ10 may:

- Improve immune function in people with HIV or AIDS
- Increase sperm motility, improving male fertility
- Help in the treatment of Parkinson's disease
- Improve exercise ability in people with angina
- Assist in the prevention of migraines
- Help reduce pain, fatigue, and joint tenderness in fibromyalgia

