

What is CoEnzyme Q10?

Coenzyme Q10 (CoQ10) is a naturally occurring antioxidant in our bodies. It is involved in energy production, cell growth and protects our cells from getting damaged. Most healthy individuals will have enough CoQ10 naturally. However, increased age, some medical conditions and certain medications are associated with decreased levels of CoQ10.

Food Sources

CoQ10 is found in meat, fish, and nuts. However, dietary sources do not provide enough CoQ10 to increase levels in our bodies significantly

Supplementation

CoQ10 is available commercially in many forms, such as capsules, chewable tablets, liquid and IV.

Supplements have been used for many conditions, including:

- Heart conditions: CoQ10 has been shown to improve symptoms of congestive heart failure
- Blood pressure: may contribute to a slight decrease
- Migraines: may decrease the frequency
- Physical performance: due to CoQ10's role in energy production
- Alzheimer's disease: may slow progression
- Statin-induced myopathy: may decrease muscle weakness associated with taking statins

CoQ10 and Statins

Statins are a group of medications that are used to lower cholesterol levels. Although effective in lowering cholesterol, they can also cause side effects such as nausea, diarrhea, liver and kidney damage, increased blood sugars, and muscle pain. Some people may experience a more serious condition known as rhabdomyolysis, where muscle cells break down and release proteins into the bloodstream. This in turn, can cause damage to the kidneys.

Statins also lower your body's natural level of CoQ10. As levels decrease, the risk of side effects increases. Some studies have shown a decrease in muscle breakdown and pain in patients supplementing with CoQ10 while taking statins.

If you are taking a statin and experiencing side effects, talk to your doctor or pharmacist today