

[Ubiquinol 50 mg](#) Now available in Europe. Most absorbable form of CoQ10. www.Super-Smart.eu

[Co-Enzyme](#) → Co-Enzyme Q10 300mg High Stength 60 Capsules €51.59 HealthSpark.co.uk/Co-Enzyme



Ads by Google



October 06, 2010

Search

Other search tools: [Symptoms](#) | [Doctors](#)

[My Account](#) | [Sign out](#)



[WebMD Home](#) > [Find a Vitamin or Supplement](#)

[Print Article](#)

Find a Vitamin or Supplement

The content below was selected by the WebMD Editorial staff and is solely under WebMD's editorial control.

- [Health Check](#)
- [Top Supplements](#)
- [Allergy Supplements](#)
- [Menopause Supplements](#)
- [Diet Supplements](#)
- [Pain Supplements](#)
- [Videos](#)
- [Multivitamins](#)
- [Sports Supplements](#)
- [Vegetarians & Vitamins](#)
- [Vitamins 101](#)
- [Supplement Tips](#)
- [Safe Upper Limits](#)
- [Multivitamins](#)
- [Healthy Body](#)
- [Heart Health](#)
- [Cancer Supplements](#)
- [Joint Pain](#)
- [Cold & Flu](#)
- [Vitamin Facts](#)
- [Vitamin Glossary](#)
- Drugs & Medications**
- [Find a Drug](#)
- [Drug Identifier](#)
- [Drug News](#)
- [Mobile Drug Information](#)

COENZYME Q - 10

Other Names:

Coenzima Q-10, Coenzyme Q10, CoQ, CoQ10, CoQ-10, Mitoquinone, Ubidecarenone, Ubiquinol, Ubiquinone, Q10.

[Review this Treatment](#)

[36 User Reviews](#)

- OVERVIEW
- USES
- SIDE EFFECTS
- INTERACTIONS
- DOSING

COENZYME Q-10 OVERVIEW INFORMATION

Coenzyme Q-10 (CoQ-10) is a vitamin-like substance found throughout the body, but especially in the [heart](#), [liver](#), [kidney](#), and [pancreas](#). It is eaten in small amounts in meats and seafood. Coenzyme Q-10 can also be made in a laboratory. It is used as medicine.

Many people use coenzyme Q-10 for treating heart and [blood vessel](#) conditions such as [congestive heart failure](#) (CHF), [chest pain](#) (angina), [high blood pressure](#), and heart problems linked to certain [cancer](#) drugs. It is also used for [diabetes](#), gum disease (both taken by mouth and applied directly to the gums), [breast cancer](#), Huntington's disease, Parkinson's disease, [muscular dystrophy](#), increasing [exercise](#) tolerance, [chronic fatigue](#) syndrome (CFS), and [Lyme disease](#). Some people think coenzyme Q-10 will treat [hair loss](#) related to taking [warfarin](#) (Coumadin), a medication used to slow blood clotting.

Some people also think coenzyme Q-10 might help increase energy. This is because coenzyme Q-10 has a role in producing ATP, a molecule in body cells that functions like a rechargeable battery in the transfer of energy. Coenzyme Q-10 been tried for treating inherited or acquired disorders that limit energy production in the cells of the body (mitochondrial disorders), and for improving exercise performance.

Some people have also used coenzyme Q-10 for strengthening the immune systems of people with [HIV/AIDS](#), male [infertility](#), [migraine](#) headache, and counteracting [muscle pain](#) sometimes caused by a group of [cholesterol](#)-lowering medications called "statins."

Coenzyme Q-10 has even been tried for increasing life span. This idea got started because coenzyme Q-10 levels are highest in the first 20 years of life. By age 80, coenzyme-Q10 levels can be lower than they were at birth. Some people thought that restoring high levels of coenzyme-Q10 late in life might cause people to live longer. The idea works in bacteria, but not in lab rats. More research is needed to see if this works in people.

It's not only time that uses up the body's store of coenzyme Q-10. [Smoking](#) does, too.

Coenzyme Q-10 was first identified in 1957. The "Q-10" refers to the chemical make-up of the substance. These days coenzyme Q-10 is used by millions of people in Japan for [heart disease](#), especially [congestive heart failure](#). Coenzyme Q-10 is also used extensively in Europe and Russia. Most of the coenzyme Q-10 used in the US and Canada is supplied by Japanese companies. Coenzyme Q-10 is manufactured by fermenting beets and sugar cane with special strains of yeast.

How does it work?

Coenzyme Q-10 is an important vitamin-like substance required for the proper function of many organs and chemical reactions in the body. It helps provide energy to cells. Coenzyme Q-10 also seems to have antioxidant activity. People with certain diseases, such as [congestive heart failure](#), [high blood pressure](#), [periodontal disease](#), Parkinson's disease, certain muscular diseases, and [AIDS](#), might have lower levels of coenzyme Q-10.

[View clinical references for this vitamin or supplement](#)

References:

American Association of Clinical Endocrinologists. American Association of Clinical Endocrinologists medical guidelines for the clinical use of dietary supplements and nutraceuticals. *Endocr Pract* 2003;9:417-70.

Andersen CB, Henriksen JE, Hother-Nielsen O, et al. The effect of coenzyme Q10 on blood glucose and insulin requirement in patients with insulin dependent diabetes mellitus. *Mol Aspects Med* 1997;18 Suppl:S307-9.

Baggio E, Gandini R, Plauncher AC, et al. Italian multicenter study on the safety and efficacy of coenzyme Q10 as adjunctive therapy in heart failure. *CoQ10 Drug Surveillance Investigators. Mol Aspects Med* 1994;15 Suppl:S287-94.

Balercia G, Mosca F, Mantero F, et al. Coenzyme Q10 supplementation in infertile men with idiopathic asthenozoospermia: an open, uncontrolled pilot study. *Fertil Steril* 2004;81:93-8.

Bargossi AM, Grossi G, Fiorella PL, et al. Exogenous CoQ10 supplementation prevents plasma ubiquinone reduction induced by HMG-CoA reductase inhibitors. *Mol Aspects Med* 1994;15:187-93.

Berbel-Garcia A, Barbera-Farre JR, Etessam JP, ET AL. Coenzyme Q 10 improves lactic acidosis, strokelike episodes, and epilepsy in a patient with MELAS (mitochondrial myopathy, encephalopathy, lactic acidosis, and strokelike episodes). *Clin Neuropharmacol* 2004;27:187-91.

Berman M, Erman A, Ben-Gal T, et al. Coenzyme Q10 in patients with end-stage heart failure awaiting cardiac transplantation: a randomized, placebo-controlled study. *Clin Cardiol* 2004;27:295-9.

Bertelli A, Cerrati A, Giovannini L, et al. Protective action of L-carnitine and coenzyme Q10 against hepatic triglyceride infiltration induced by hyperbaric oxygen and ethanol. *Drugs Exp Clin Res* 1993;19:65-8.

Bertelli A, Ronca G. Carnitine and coenzyme Q10: biochemical properties and functions, synergism and complementary action. *Int J Tissue React* 1990;12:183-6.

Berthold HK, Naini A, Di Mauro S, et al. Effect of ezetimibe and/or simvastatin on coenzyme Q10 levels in plasma: a randomised trial. *Drug Saf* 2006;29:703-12.

Bleske BE, Willis RA, Anthony M, et al. The effect of pravastatin and atorvastatin on coenzyme Q10. *Am Heart J* 2001;142:E2.

Boitier E, Degoul F, Desguerre I, et al. A case of mitochondrial encephalomyopathy associated with a muscle coenzyme Q10 deficiency. *J Neurol Sci* 1998;156:41-6.

Search for a Vitamin or Supplement

Enter a vitamin or supplement name or a medical condition

Ex. Ginseng, Vitamin C, Depression

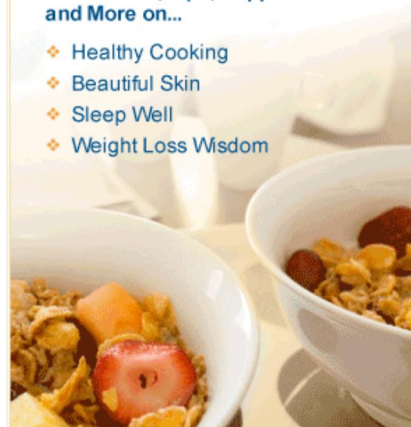
[LOOK UP](#)

WebMDnewsletter

Live the happiest, healthiest lifestyle possible!

Information, Tips, Support and More on...

- ◆ Healthy Cooking
- ◆ Beautiful Skin
- ◆ Sleep Well
- ◆ Weight Loss Wisdom



[SIGN UP TODAY!](#)

Popular Vitamins & Supplements

- | | |
|-------------------------------------|---------------------------------|
| Alpha Lipoic Acid | Melatonin |
| Apple Cider Vinegar | Niacin |
| Black Cohosh | Vitamin C |
| Chromium | Vitamin D |
| Coenzyme Q-10 | Vitamin E |
| Creatine | Yohimbe |
| DHEA | Magnesium |
| Flaxseed | Probiotics |
| Folic Acid | Red Yeast Rice |
| Glucosamine | St. John's Wort |

[See complete list of vitamins and supplements](#)

Health Solutions From Our Sponsors

[Bladder Control Help](#)
[Depression Med for You?](#)

[Discover Wakefulness!](#)
[Fibromyalgia Center](#)

[Low Testosterone?](#)
[Multiple Sclerosis](#)

[Osteoarthritis Pain?](#)
[Ouch! Treat Heartburn](#)

[Psoriasis Symptoms](#)
[Tired from Shift Work?](#)

In-depth coverage: [Recognizing the Symptoms of Depression](#) | [Coping With Excessive Sleepiness](#) | [Vitamins & Lifestyle Guide](#) | [Healthy Skin TV](#) | [Better Health Evaluator](#)

Find us on:

[About WebMD](#) | [Terms of Use](#) | [Privacy Policy](#) | [Sponsor Policy](#) | [Site Map](#) | [Link to Us](#) | [Careers](#) | [Contact Us](#)
[Advertise With Us](#) | [WebMD Corporate](#) | [eMedicine](#) | [eMedicineHealth](#) | [RxList](#) | [Medscape](#) | [MedicineNet](#)
[Medical Dictionary](#) | [First Aid](#) | [WebMD the Magazine](#) | [WebMD Health Record](#) | [WebMD Mobile](#) | [Newsletters](#)

©2005-2010 WebMD, LLC. All rights reserved.

WebMD does not provide medical advice, diagnosis or treatment. [See additional information.](#)

