Coenzyme Q10 (Co-Q10)

WHAT IS IT?

Coenzyme Q10, or ubiquinone, is an antioxidant produced by the body and consumed in the diet (e.g., fish, organ meats, whole grains). It is necessary for the basic functioning of cells and vital to a range of activities involved in energy metabolism.

WHY SHOULD I CONSIDER TAKING THIS?

Your health care provider may recommend CoQ10 supplements if you are at high risk or have any of the following:

- ❑ Cardiovascular disease
- ❑ Congestive heart failure
- ❑ High cholesterol treated with medication
- ❑ Fibromyalgia

HOW DO I TAKE IT?

Soft gels and chewable forms of CoQ10 may be used by the body more readily than tablets. The reduced form, ubiquinol, could be more efficient, but will also be more expensive.

DOSE: Recommended doses vary depending on the condition being treated and should be recommended by your healthcare provider. General dosing rages are 100-300 mg daily, although higher doses have been studied in some conditions.

CONCERNS?

CoQ10 is generally well tolerated. There is a possible interaction between CoQ10 and blood thinning medications, so watch for increases in bleeding if you are taking them together. Do not take in pregnancy and breastfeeding.

Make sure to ask your health care provider exactly how and when you should take this product.

My Health Care Provider's Notes: