

Boost Your Energy ...for Starters!

Consider CoQ10, a potent antioxidant that helps protect your heart, reduce migraines and even burn fat – all while putting a little oomph into your day. BY PEGGY HALL

CoQ10 appears to be promising for:

- Hypertension
- Adjunct to cholesterol drugs
- Exercise performance
- High blood sugar levels
- High blood pressure
- Migraines
- Weakened immune system
- Cancer
- Parkinson's disease

A few years ago, a friend of mine on the master's swim team suddenly began swimming much faster. I asked her what her training secret was, and she said the only thing she'd been doing differently was taking CoQ10. Not extra cardio? Not extra laps? Not extra strength-training?

No to each query, and, well, that was all the evidence I needed to give this supplement a try. After swim practice I headed straight to the health food store, where I picked up a bottle of CoQ10, and I have never looked back. I take 100 mg every morning along with breakfast, and I enjoy a little extra boost of energy and staying power throughout my day.

What is CoQ10?

"Coenzyme Q10 is an essential enzyme for energy production and metabolism in mitochondria – the energy-producing parts of cells – found in every cell in the body," explains Douglas Bibus, PhD, member of the Coromega Scientific Advisory Board. "Its concentration in the body is highest in the heart and liver due to their need for and reliance on high levels of energy production."

Also known as ubiquinone, CoQ10 functions as an antioxidant, which helps to protect your cells from free-radical damage, basically the wear and tear of everyday living. High levels of antioxidants have been shown to protect the heart and brain, reduce the risk of cancer and slow the signs of aging.

As we age, CoQ10 levels tend to decrease. "The body's production of CoQ10 falls after the age of 40," says Stephan T. Sinatra, MD, author of *Metabolic Cardiology* (Basic Health Publications, 2008). And certain drugs – especially statins (which are used to lower cholesterol) and beta blockers (used to control high blood pressure) – interfere with the body's ability to produce CoQ10. (That's why side effects of such drugs include muscle pain and fatigue.)

Its Benefits

More doctors these days are recommending that their patients take CoQ10 to help correct conditions such as high blood pressure, angina, fatigue and migraines and to counter the side effects of certain drugs. "Anyone taking statin drugs, beta blockers or oral hypoglycemic meds should supplement with CoQ10," Sinatra suggests. "In my 35 years of practicing cardiology, it's unthinkable not to administer it to my patients."

Multiple studies have reported benefits of CoQ10 supplementation for patients with congestive heart failure, Bibus says. "Rapid implementation of CoQ10 supplementation has been reported to reduce the risk of death following cardiac arrest." And shorter hospital stays have also been reported for congestive heart failure patients who supplement with CoQ10.

And, according to data from the National Cancer Institute, clinical trials using CoQ10 to treat cancer patients look promising, with anecdotal reports of CoQ10 lengthening the survival rates of patients with breast, lung, pancreatic and colon cancers. In one very small-scale study, two patients who had breast cancer remaining after surgery were treated with high doses of CoQ10 for three to four months. After treatment, the cancer appeared to have completely vanished in both patients. More study is needed.

CoQ10 also appears to improve other health conditions. "Limited studies have reported improvements in blood sugar in diabetic patients taking 200 mg of CoQ10 per day," Bibus says. "And an exciting study reported 44 percent less functional decline in Parkinson's disease with patients taking 1,200 mg of CoQ10 per day. Even lower doses of 360 mg per day have been reported to improve symptoms of Parkinson's."

Supplementing with CoQ10

While it's possible to obtain small amounts of CoQ10 from food sources such as beef, whole grains, fish, beans, nuts, broccoli and spinach, Bibus recommends supplementing with 50 to 200 mg per day. "CoQ10 is one of the safest supplements on the planet, with no known contraindications."

Dosage and Precautions

- Because CoQ10 is fat soluble, take it with food, preferably with healthy fats like avocado, nuts or olive oil.
- Take your dose in the morning to avoid insomnia.
- If you're taking any other medications, get approval from your doctor first.
- As with all supplements, seek out a reputable brand without synthetic fillers and consider liquid formulas for better absorption.

Clean Eating Favorites Since we can only obtain a small amount of CoQ10 from food, Douglas Bibus, PhD, recommends supplementing with 50 to 200 mg a day. Here are some of our most trusted brands:



Coromega Healthy Heart – CoQ10 with Omega-3 (an essential fatty acid to aid with absorption of CoQ10)



Cardio Support Antioxidant blend with CoQ10



GNC Preventive Nutrition CoQ10 100 mg



Natrol CoQ10 100 mg Time-Release



Carlson – CoQ10 with Fish Oil 100 mg