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A recent review of CoEnzyme Q₁₀ supplementation confirmed its beneficial role in heart, muscle, and neurological health.

REVIEW SUMMARIZES EVIDENCE OF COQ₁₀ BENEFITS

CoEnzyme Q₁₀ use has significantly increased over the past few years due to an expanding understanding of the various roles it plays in a range of disorders. The latest findings and benefits of CoEnzyme Q₁₀ were recently reviewed in the journal *Current Opinions in Clinical Nutrition and Metabolic Care*.

The review addresses the role of CoEnzyme Q₁₀ in heart health, including the protection of heart muscle during cardiac surgery, end-stage heart failure, pediatric cardiomyopathy, and in cardiopulmonary resuscitation. Various aspects of its role in normal function of the vascular system (arteries and vessels) are reviewed. Diseases involving mitochondrial dysfunction and oxidative stress were reviewed, highlighting the protective mechanism of CoEnzyme Q₁₀. A follow-up of patients with Friedreich's Ataxia, a disease that causes degeneration of nerve tissue in the spinal cord, was reviewed. The patients who were treated with CoEnzyme Q₁₀ and vitamin E showed a significant improvement in heart function and muscle health. Benefits of CoEnzyme Q₁₀ with respect to migraines and age-related macular degeneration were reviewed, as was the issue of the statin drug related CoEnzyme Q₁₀ deficiencies. Evidence of improved sperm motility and function in select patients was also discussed.

The latest findings highlight the beneficial role of CoEnzyme Q₁₀ as a supplemental treatment of several syndromes associated with muscle health and increased oxidative stress. In addition to their clinical significance, these data give further insight into the biochemical mechanisms of CoEnzyme Q₁₀ activity.

< Curr Opin Clin Nutr Metab Care. 2005 Nov;8(6):641-6 >