

**Please Take One!**



## **SUPPLEMENT OF THE MONTH:**

### **CoQ10**

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#### **What is CoQ10?**

CoQ10 (coenzyme Q10) is a co-enzyme that is fat soluble, similar to a vitamin, and found in every cell of the body. Coenzymes are agents that help enzymes in the body digest food and perform body processes. CoQ10 is a powerful antioxidant. It is also used for cell growth and as a cofactor in some metabolic pathways for the generation of ATP. It is also known as ubiquinone, ubiquinol, and ubidecarenone.

#### **Where is CoQ10 found?**

CoQ10 is found in many foods, such as meat and seafood, and especially in organ meats, such as the heart, liver and kidney. It is also found in soy oil and peanuts. The body is also capable of synthesizing its own CoQ10. When taking supplements, CoQ10 should be taken with a meal containing fat.

#### **What are the benefits of CoQ10?**

CoQ10 is used to lower blood pressure, improve congestive heart failure (CHF), improve heart health, increase immunity in those with HIV, and prevent migraine headaches. It may also be used to lower hyperlipidemia, increase athletic performance, treat cancer, slow the progression of Alzheimer's Disease, improve periodontal disease, and decrease infertility.

#### **Are there interactions between CoQ10 and food, herbs or other supplements?**

CoQ10 should not be combined with other herbs that may lower blood pressure, red yeast, or with too much vitamin K. CoQ10 is similar to vitamin K2, and consumers must be careful if taking warfarin.

#### **Are there side effects?**

CoQ10 is mostly well tolerated, but there have been some reports of GI symptoms, such as nausea, vomiting, diarrhea, and heartburn.