

More than an energy supplement: Q10 gives your health a natural boost

When you take coenzyme Q10 you get more than increased energy levels. It has a positive effect on your heart, your blood pressure, your gums, and even fertility.

When you drink a cup of coffee it perks you up. The effect is short-lived, however. The same is the case with popular energy boosters like ginseng and guarana. With Q10, it is entirely different. Unlike the other substances which are essentially stimulants, Q10 is a compound - a vitamin-like nutrient - which the body needs in order to make its own energy. When you take a supplement of Q10, you give every single cell in your body a boost, including cells in your heart tissue and cells in your gums.

Energy controls your health

Q10 is part of your biochemistry. Your liver produces it, and it is found in different types of food. Levels of Q10 are relatively high until you reach an age of 20-25 years, and from that point on they decrease. It may take several decades before it becomes noticeable to you, but at some point your body's Q10 levels are that low it may interfere with normal body functions.

Important for the heart

The heart is one of the organs that is most dependent of Q10. After all, the heart muscle requires enormous amounts of energy in order to keep pumping around the clock. Science has actually found that people with heart failure benefit from taking supplements of Q10, not only because it increases their energy levels and general well-being but also because it actually improves their cardiac output. The cells of the heart muscle get a much needed boost and can perform better.

Gum disease

Interestingly, Q10 also seems to play a role in gum health. People who suffer from bleeding, infected gums often show visible signs of improvement when treated with Q10. The bleeding stops, and there are even reported cases of patients with advanced periodontal disease whose loose teeth have become firmly attached again after weeks or months of supplementation.

Male fertility

Literally all cells, with a few exceptions, need this vital compound to be able to make energy. Sperm cells are good examples of human cells that have to generate vast amounts of energy in order to carry out their tasks. Studies have shown that infertile men may benefit from supplementing with Q10. It powers up sluggish sperm cells and even seems to counteract damaged sperm cells that are deformed because of DNA damage. The damage occurs when so-called free radicals

(reactive oxygen species) attack the cells and destroy their DNA. Q10 is a powerful antioxidant that is able to defend cells against such attacks.

Useful for Athletes

A study conducted on Finnish top-level cross-country skiers showed that daily supplementation with Q10 for 12 weeks led to significant improvements. Their endurance increased, they recovered faster, and they were able to train for longer periods at a time. Similar studies have been conducted in fields like cycling and martial arts.

How to find the right Q10 preparation

If you go the local pharmacy or health food store, you will find dozens of different Q10 brands on the shelves. It is tempting to let the price tag determine your choice, but that is one mistake you should definitely avoid. The quality differences from one Q10 supplement to another are vast and if you make the wrong choice you end up with a product that is worthless. It may be cheaper, but every penny spent is a waste because you end up with a Q10 supplement that does not get absorbed.

The formula that seems to be the most effective for optimal absorption and which has managed to document its efficacy to the point that international Q10 research has chosen this as their scientific reference is featured by:

Q10 dissolved in a palm oil matrix

A special heating of the mixture that allows the Q10 molecules to dissolve completely (in the body) at room temperature
Encapsulation in soft, light-protected gel capsules

Statin users benefit from Q10

Q10 which is available in pharmacy's and health food stores, is of particular importance to people who take statin drugs to lower their cholesterol. Statins do not only lower synthesis of cholesterol, but at the same time they inhibit the production of Q10. Since the role of Q10 in regulation of energetic metabolism and muscle metabolism is so vital, a deficit of Q10 is associated with increased risk of myopathy and other adverse effects.

Several clinical studies have shown the benefits of Q10 supplementation in prevention or therapy of these adverse effects - especially in patients using higher doses of statins for longer period or in patients presenting with symptoms of statin associated myopathy (muscle pain, fatigue etc.)

