

Dr. Fuhrman

PRODUCT FACTS

CoQ10



CoQ10

Coenzyme Q10 (CoQ10) is one of our body's natural antioxidants, is essential for energy production, and promotes cardiovascular health. High concentrations of CoQ10 are found in tissues with high energy requirements, such as the heart, liver, kidneys, and muscle, and CoQ10 levels have been found to decline with age.^{1†}

MITOCHONDRIAL ENERGY PRODUCTION AND ANTIOXIDANT ACTIONS

CoQ10 is produced in the mitochondria of our cells, where it is a key player in the transfer of electrons that results in the production of ATP, the body's form of energy. CoQ10 also acts as an antioxidant: it directly scavenges free radicals, especially in the mitochondrial membrane and cell membranes. CoQ10 also has indirect antioxidant actions by increasing the production of other natural antioxidants, such as superoxide dismutase.^{1,2†}

CARDIOVASCULAR HEALTH

In the heart, CoQ10's role in ATP generation helps the heart meet its energy needs. To function properly, cardiac muscle requires a continuous supply of ATP.¹ The antioxidant actions of CoQ10 also contribute to cardiovascular health by preventing oxidative damage, such as to cardiac muscle cells and endothelial cells. In the blood vessels, where nitric oxide is important for



regulation of blood flow, CoQ10's antioxidant actions help prevent a decline in nitric oxide availability due to oxidative stress.^{1,2†}

Because of similarities in the synthesis pathways for CoQ10 and cholesterol, statin-type drugs (HMG-CoA reductase inhibitors) may decrease the production of CoQ10 in addition to cholesterol.^{1,2} There is evidence that CoQ10 supplementation increases CoQ10 levels in people taking HMG-CoA reductase inhibitors.^{3,4†}

Dr. Fuhrman's CoQ10 is vegan and supplies 200 mg CoQ10 per capsule.

CoQ10

Product Features

- Promotes cardiovascular health and cellular energy production ‡
- CoQ10 is one of the body's natural antioxidants ‡
- 200 mg CoQ10 (ubiquinone) in each capsule
- Vegan
- Non-GMO

Supplement Facts

Serving Size 1 Veg Capsule

Amount Per Serving
Coenzyme Q10 (CoQ10) (Ubiquinone) 200 mg**

** Daily Value not established.

Other Ingredients: Rice Flour, Hypromellose (cellulose capsule), Ascorbyl Palmitate, Magnesium Stearate (vegetable source) and Silicon Dioxide.

Caution: For adults only. Consult your healthcare professional if you are pregnant, nursing, taking medication, or have a medical condition.

‡These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Allergen statement: Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish, tree nut or sesame ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.

1. Zozina VI, Covantev S, Goroshko OA, et al. Coenzyme Q10 in Cardiovascular and Metabolic Diseases: Current State of the Problem. *Curr Cardiol Rev* 2018, 14:164-174.
2. Sood B, Keenaghan M: Coenzyme Q10. In *StatPearls*. Treasure Island (FL) ineligible companies. Disclosure: Michael Keenaghan declares no relevant financial relationships with ineligible companies. 2023
3. Bargossi AM, Grossi G, Fiorella PL, et al. Exogenous CoQ10 supplementation prevents plasma ubiquinone reduction induced by HMG-CoA reductase inhibitors. *Molecular Aspects of Medicine* 1994, 15:s187-s193.
4. Mabuchi H, Nohara A, Kobayashi J, et al. Effects of CoQ10 supplementation on plasma lipoprotein lipid, CoQ10 and liver and muscle enzyme levels in hypercholesterolemic patients treated with atorvastatin: a randomized double-blind study. *Atherosclerosis* 2007, 195:e182-189.

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