

CoQ10 (Item 5010)

Antioxidant Supplement, also known as Ubiquinol

Coenzymes are essential to enzyme function and Coenzyme Q10 (also called CoQ10 or ubiquinone) is essential to at least three enzymes in the mitochondria or the 'power houses' of the cell. The heart is home to a high concentration of mitochondria and thus a high concentration of CoQ10. Since the heart cells have such high-energy requirements and CoQ10-level depletion is often paralleled with heart-related problems, it is no surprise that CoQ10 supplementation has been used and proven beneficial for heart-related disease treatment since the 1960's.

CoQ10 is synthesized in the liver from other forms of Coenzyme Q. Because Coenzyme Q10 is both involved in the body's essential metabolic processes and the body's tissues can synthesize it, it is generally considered a 'provitamin.'

Like all vitamins, CoQ10 is present in a variety of typical foods, but in extremely small amounts. More and more, people may be deficient in CoQ10 for one reason or another, including the fact that sources of CoQ10 outside of the body may be on a continuous decline, in accompaniment with general nutrient-depletion in common soils. Normally, the liver manufactures adequate amounts to fulfill the need not met in the diet. For example, the body's ability to manufacture CoQ10 may be impaired with a deficiency in B Vitamins, Vitamins C, E and Selenium since these nutrients, along with additional to other vitamins and trace elements, are used for CoQ10 production.

CoQ10 can be gained through dietary intake in addition to being naturally manufactured in all tissues of the human body, but levels tend to decrease with age. Stress, illness and some medications are other causes associated with CoQ10 depletion. Common examples of these are excessive alcohol intake, liver malfunction and excessive use of over-the-counter painkillers such as Tylenol. Levels of bodily CoQ10 are often regarded as accurate indications of aging, since their declines correlate so closely with other indications of the aging process.

While doctors in countries all over the world use CoQ10 as treatment or in conjunction with other treatments for heart-related and other diseases, this nutrient is comparatively unrecognized in the U.S. Typical U.S. treatment for heart-related problems like congestive heart failure, coronary artery disease, high cholesterol and high blood pressure is with cholesterol-reducing pharmaceuticals (or statins), which tend to further reduce CoQ10 levels.

Studies into the effects of CoQ10 that began in the sixties started with small dosages, which have since increased, parallel with a greater interest in potential benefits to heart disease and vascular problems as well as for neurological/neurodegenerative disorders (like Alzheimer's and Parkinson's). Other benefits of CoQ10 have been explored, including use as treatment for AIDs, certain types of cancer (particularly breast and cervical) and general immune deficiency. Please consult a trusted health practitioner or another trusted source of health information for more details on these.

One other important aspect of CoQ10 not yet mentioned here is that it is an important antioxidant, in that it counteracts oxidation in both mitochondria and in lipid membranes. CoQ10 is lipid-soluble, and one of the only/the only lipid-soluble antioxidants to be produced by the body. In general, it is quite a unique compound!

Universal Formulas does its best to provide you with the most appropriate form of this unique compound. Because CoQ10 is a fat-soluble nutrient, we combine our CoQ10 powder with beadlets of lecithin (oil) to help improve delivery, as well as to help keep the ingredients preserved until absorption. We also include a dry form of vitamin E, which also helps with delivery and preservation.

Speaking of vitamin E, some evidence shows a supportive relationship between CoQ10 and vitamin E. This is namely that CoQ10 seems to regenerate its companion, prolonging the antioxidant effect of vitamin E. Some prefer, in fact, to take both vitamin E and CoQ10 supplements at the same time.

Suggested Dosage: We suggest one to three vegi-capsules daily with meals.

Other Suggestions Regarding Supplementation

Many prefer to take CoQ10 with an oily food, such as fish or soybeans, or additional supplement (such as Vitamin E, product #5071). This can be beneficial, since CoQ10 is a lipid-soluble nutrient.

CoQ10 is generally well tolerated, with no serious side effects from long-term use. Because safety during pregnancy and breastfeeding has not yet been proven, a pregnant or breastfeeding mother may want to consult a physician in regards to whether the benefits outweigh the risks.

Ordering Information

CoQ10 (*Item #5010*) 60 Vegi-Capsules

Conveniently Order On-line at: <http://UniversalFormulas.com>

**Please DO NOT modify levels of any prescribed medication
without first consulting your physician!**

Required FDA Statement:

The FDA has not evaluated these statements. This product is not intended to diagnose or treat any disease nor is this information intended to prescribe or diagnose in any way. Those who are sick should see a doctor. Neither the authors nor the owner directly or indirectly dispense medical advice or prescribe the use of these products as a form of treatment. We assume no responsibility if you prescribe for yourself without your doctor's approval.

Sources

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