

## Coenzyme Q10

### Helping Our Cells Work Properly As We Age

#### ***What is Coenzyme Q10?***

CoQ10 is a protein found in every cell but that is most concentrated in a part of the cell called the mitochondria where it helps the cell produce energy from the sugars and fat we eat. Although this sounds simple, CoQ10 has an extremely important role in the health of the cell and, as result, the overall health of the human body.<sup>[1]</sup>

#### ***CoQ10 Levels Fall Drastically As We Age***

Unfortunately, nothing good lasts forever. Research has suggested that CoQ10 levels can decrease in the body by as much as 83% as we get older<sup>[2]</sup>, with the decrease in CoQ10 also resulting in an increase in cell oxidation<sup>[3]</sup>, a process known to damage cells, cause premature aging and increase the risk of disease.<sup>[4]</sup>

#### ***What Conditions Can CoQ10 Help Treat?***

Due to CoQ10's vital role in helping the cell make energy, CoQ10 is most beneficial to the heart, helping many patients with heart failure and proving to be a very "heart healthy" supplement.

A study published in 1998<sup>[5]</sup> put CoQ10 in the spotlight as a brain-protector, protecting the part of the brain that is damaged in Parkinson's disease. Other research has found 150 mg of CoQ10 per day for 2 months decreased migraine headaches by as much as 60%.<sup>[6]</sup>

#### ***How Much CoQ10 Should I Take?***

While older research recommends taking 30 mg of CoQ10 per day, many experts now recommend taking at least 100 mg per day to help maintain healthy levels of CoQ10 in the body. Unfortunately, CoQ10 is one of the more expensive supplements on the market, with 100 mg bottles of CoQ10 costing \$30-\$40 each month.

Fortunately, many supplement companies make 10 mg and 30 mg bottles which are more reasonable for your wallet and can allow people to take CoQ10, even if it is at lower doses.

In my opinion, any extra CoQ10 you can get into your cells will exert at least some benefit for your overall health.



*Perhaps  
the best  
supplement  
for both your  
brain and  
your heart.*

#### **Reference:**

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