

Coenzyme Q 10 Fact Sheet

What is Coenzyme Q 10?

Coenzyme Q 10 is naturally produced by the body and is found in all cells, especially those that require a great deal of energy to work, such as the heart cells.

Coenzyme Q 10 can be taken as a vitamin supplement.

How will it help me?

Some people with mitochondrial disorders really respond to Coenzyme Q 10 taken by mouth in pill form. They may experience fewer symptoms of the disorder as a result of taking this supplement.

Coenzyme Q 10 helps to make energy in the mitochondria of the body. It also acts as an "antioxidant". Oxygen free radicals are charged oxygen molecules that can destroy the walls of cells. Coenzyme Q 10 acts as a "buffer" to protect the cell walls from these free radicals.

I noticed there are different types of CoQ10 on the market. Which should I buy?

Although it is a lot more expensive, we recommend the gel form. It is much better absorbed by the body.

How much should I take?

A dose of 240 mg of gel or liquid Coenzyme Q10 per day is recommended for mitochondrial disorders. You should take this in divided doses of 120 mg two times a day.

What do I do if the cheapest CoQ I can find is 100mg gel capsules?

More CoQ10 will not hurt you in any way. You can take 2- 100mg capsules in the morning and 1- 100 mg capsule in the evening, or you can take a 100mg capsule three times a day. Please contact the clinic if you have questions.

When should I take it?

Take Coenzyme Q10 with food. If you choose to take the powdered form, it is absorbed most efficiently by the body when taken with a food containing some fat, such as peanut butter or salad with dressing. The gel or liquid forms can be taken with or without food.

How quickly will I notice a difference in my symptoms?

It may take up to 3 months to see any improvement in symptoms. **It is very important that you keep track of your symptoms on the symptom diary sheet given to you at the clinic.** This will help both you and your doctor to see if Coenzyme Q 10 is helping you. If you did not receive a symptom diary sheet, please call the clinic at 604-875-5965 and we will send one to you.



CAUTION

- If a muscle biopsy has been scheduled for you, please do not take the Coenzyme Q10 for a month prior to the biopsy as it will affect the results. Once you have the biopsy, you may resume taking it.
- Stop taking Coenzyme Q10 for 2 weeks before all other surgeries as it may interfere with blood clotting.
- Do not take Coenzyme Q10 if you are taking blood thinners (e.g. warfarin, coumadin)

Where do I get it?

Coenzyme Q 10 can be obtained from health food stores and pharmacies.

Will my health plan cover it?

No. Unfortunately, health plans do not currently recognize Coenzyme Q 10 as a prescription medication.

How much will it cost?

Coenzyme Q 10 varies in price. The gel form is very expensive, but you only need to take half the dose recommended for the powder form, so it works out to be roughly the same price overall. It is always advisable to "shop around" to get the best price.

Some ideas:

- Ask at vitamin/natural food stores if they will give a discount for buying more than one container of capsules at a time
- Costco
- The Vitamin Shop in Victoria. Free delivery for orders over \$70.

Are there any side effects?

Side effects are uncommon, even at the high doses prescribed for people with mitochondrial disorders. Rarely, Coenzyme Q10 can cause nausea, diarrhea, upset stomach, or appetite loss.

Where should I keep it?

Keep coenzyme Q10 out of direct light. Store it in a cool area (but not the refrigerator).