

Coenzyme Q10 100 mg Softgels



Product Summary:

Has been used for enhancing cardiac performance, particularly for heart failure and congestive heart failure. Also has been used to enhance immune performance in the immune compromised older person, and compromised liver and kidney performance. In general, it can be used in any health condition where energy depletion is considered to be a likely factor.¹

Coenzyme Q10 has also been recognized as an effective antioxidant, and has particular relevance in protecting mitochondria from oxidation damage, which is also recognized to provide an anti-aging effect.

Properties/Uses:

The claim as approved by the *Natural Health Products Directorate* (NHPD): Coenzyme Q10 is used to help support and maintain cardiovascular health.



CARDIOVASCULAR



Pharmacology:

Coenzyme Q10 is a rising star on the nutritional health enhancement stage. Coenzyme Q10 is best understood as a central player in the moment by moment process of extracting the energy contained in our food. Without a steady transfer of energy from the foods we eat, delivered into our energy-dependent metabolic machinery, our life-force could not be sustained. Coenzyme Q10 works in the mitochondrial electron transport system and is obligatory to the completion of electron movement to the end of the chain. All of the transport enablers are produced in the mitochondria except coenzyme Q10.

In more recent years it has become clearer that failing mitochondria are linked with pathology. This is not too surprising since life is defined by available metabolic energy. Our quality of health is directly related to usable cellular energy. It has been estimated that with a 25% depletion in coenzyme Q10, serious metabolic health problems arise, and at a 75% depletion, death ensues.¹

Coenzyme Q10 is also called ubiquinone, because its presence in nature is ubiquitous, meaning universal or everywhere. Plant and animal foods regularly supply the body with a daily micro-stream of coenzyme Q10. The body is able to produce coenzyme Q10 if adequate other nutrition is present and liver function is healthy. Deficiencies of coenzyme Q10 can arise when people fail to choose most of their food from the natural whole food category. Manufactured and refined foods may fail to deliver sufficient quantities of coenzyme Q10, or the nutrition required to produce coenzyme Q10 in the body.

Coenzyme Q10 supplementation is of value to almost all people. Having optimal levels in the mitochondria will prolong tissue health and thereby, extend vitality and life. Supplementation is especially needed in the older person, in whom nutritional deficiencies and compromised liver function have curtailed coenzyme Q10 production. Every bodily system will benefit in the older person. Of special importance is the way coenzyme Q10 enhances immune system performance, cardio performance, especially with heart failure and congestive heart failure, and liver and kidney performance. Athletes in particular may benefit from 30 to 60 mg per day due to the greater flow of oxygen through the body. Even those who daily endeavor to stay physically fit may need to enhance control over inappropriate oxidation. Coenzyme Q10 is a potent antioxidant in its own right, and also like vitamin C it recycles vitamin E.





Manufactured product information:

Manufacturer:

WN Pharmaceuticals® Ltd.

Size/UPC:

60's 7 77747 10277 8

NPN:

80006505

Expiry Date:

36 months from date of manufacture

Active Ingredient:

Each softgel contains:

Coenzyme Q10 (bacteria) 100 mg

Non-Medicinal Ingredients (in descending order):

Rice bran oil, softgel capsule (gelatin, glycerin, purified water, carob), d-alpha tocopherol

Appearance:

Orange coloured solution, or suspension of powder in oil (slightly viscous paste, at room temperature) encapsulated in an oval, brown coloured soft gelatin shell.

Packaging:

175 cc white round bottle with safety seal under a 38 mm white induction sealed cap with vented interior seal and a label applied to the bottle. Lot number and expiry date are printed on label applied to exterior of bottle.

Storage:

Store in tight, light resistant containers in a cool, dry place.





Dose:

At Age 20+: To begin to compensate for the body's natural decline in CoQ10. 30 to 60 mg per day.

At Age 40+: To minimize further age-related CoQ10 decline and increase cellular energy, even in apparent good health. 60 mg per day or more.

Directions:

(Adults): 1 softgel daily or as recommended by a physician.

For Health Problems: Adults with any chronic health problem(s) at any age should supplement with CoQ10, based on the severity of their health challenge. 60 to 200 mg per day depending on health status.

With Statin Drugs Use: People on statin drugs should supplement CoQ10 between 100 to 200 mg per day, according to Dr. Peter H. Langsjoen, MD, FACC, of Tyler, Texas, a world renowned cardiologist and researcher in biomedical aspects of CoQ10. Higher values are required to offset the significant CoQ10 depleting effect of statins. Health enhancements may take several weeks to be realized. Coenzyme Q10 is oil soluble only, so must be absorbed in fat/oil portion of meals. For specific clinical conditions, the consumer will benefit from their physician monitoring the increased benefit over the general 30 to 60 mg per day. The clinical use range can be up to 180 mg in divided doses.³

Caution:

The caution as approved by the *Natural Health Products Directorate* (NHPD): KEEP OUT OF THE REACH OF CHILDREN. Consult a physician prior to use if you are pregnant or breastfeeding or if you are taking blood thinners or blood pressure medication. STORE AT ROOM TEMPERATURE IN A DARK, DRY PLACE. DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

Deficiency Symptoms:

N/A



Drug Interactions/Contraindications:

In a letter to the Lancet published in 1994, it was reported that researchers in Sweden had observed that when patients on a stable regimen of coumadin started using Coenzyme Q10, they experienced a greater propensity for blood clotting.^{4,5} While this interaction has not been widely reported, concurrent use of coenzyme Q10 with coumadin probably should be considered contraindicated, unless prescribed by a physician. An awareness of interaction risk may not have had the opportunity to come to light since the use of coenzyme Q10 may not be well established in the age group typically associated with anticoagulation therapy.

Patients who are discovered to be using both of these substances concurrently, should not stop coenzyme Q10 suddenly and should be titrated off coenzyme Q10 according to their physician's guidance to avoid relative over treatment of coumadin. Depending on the physician's judgment, coenzyme Q10 may be therapeutically important to the best management of the patient.

Coenzyme Q10 is commonly chosen for its ability to increase energy levels and not a few regard it as important to heart health. Older people who have had a heart attack and are also on coumadin, may self-selected coenzyme Q10.

Toxicity/Adverse Reactions:

No particular history of adverse side effects.





Allergen Content/Ingredient Sensitivity:

NO	YES
Artificial Colors	Soy Products
Artificial Flavors	Sulphites (<10 ppm)
Artificial Sweeteners	
Corn Products	
Egg Products	
Fish	
Gluten	
Hydrolyzed Plant Protein	
Lecithin	
Milk Products	
Peanuts	
Preservatives	
Sesame Products	
Shellfish	
Starch/Modified Starch	
Tartrazine	
Tree Nuts	
Wheat Products	
Yeast	

NOT ACCEPTABLE FOR THE FOLLOWING DIETARY RESTRICTIONS:

Free of animal products

Kosher





References:

1. Bliznakov, Emile G., Hunt, Gerald L., *The Miracle Nutrient Coenzyme Q10*, Bantam Books, New York, 1989
2. Packer, Lester, Colman, Carol, *The Antioxidant Miracle*, John Wiley & Sons, New York, 1999
3. Firshein, Richard N., *The Nutraceutical Revolution*, Riverhead Books, New York, 1998
4. Graedon, Joe, Graedon, Teresa, *Deadly Drug Interactions: The People's Pharmacy Guide*, St. Martin's Press, New York, 1995
5. Spigset, Olav, Reduced Effect of Warfarin Caused by Ubidecarenone (Letter), *Lancet*, 344:1372-1373, 1994

Revision# 00