

# CoQ10



## Coenzyme Q10 And Vitamins: Antioxidant Protection



### Fat-Soluble Vitamins Profile

#### *Why are vitamins essential for my diet?*

Vitamins are compounds that your body must have to be healthy. Vitamins are “essential” for proper function, which means they are not made inside your body and must be consumed in the diet. Your body needs vitamins for many reasons. Without them, organs cannot function properly, skin ages rapidly and vision fails.

#### *What does the Fat-Soluble Vitamins Profile measure?*

- **Vitamin A** - essential for immune defense, neural development, and maintenance of healthy skin and vision
- **Vitamin D** - essential for reducing cancer risk and health maintenance
- **Vitamin E** - an important free radical scavenger and protective antioxidant
- **Vitamin K** - reduces cardiovascular disease risk and critical for strong bones
- **Beta-carotene** - an important antioxidant to keep cells healthy
- **Coenzyme Q10** - necessary for converting food energy to cellular energy

#### *What is Coenzyme Q10?*

Coenzyme Q10 (CoQ10) is produced by the human body and is necessary for the basic functioning of cells. CoQ10 levels are reported to decrease with age and to be low in individuals with certain chronic diseases. Some prescription drugs may also lower CoQ10 levels.

#### *Why should I measure Coenzyme Q10?*

CoQ10 is essential for production of cell energy in the cell membrane or mitochondria. Using cholesterol lowering drugs, such as statins, can interfere with CoQ10 production, compromising cellular energy production. High performance athletes are candidates for testing CoQ10, as well as individuals that appear to have mitochondrial dysfunction, neurological or skeletal muscle disorders. Cases of genetic inability to produce adequate CoQ10 have been identified and treated successfully. Measuring both direct and indirect biomarkers of CoQ10 sufficiency in order to appropriately diagnose and treat individuals, and monitor CoQ10 administration, can markedly improve outcomes and prevent mitochondrial-related disease.

#### *Why should I use the Metamatrix Coenzyme Q10 Profile?*

Metamatrix profiles enable both direct and functional measurement of CoQ10 adequacy for diagnosis, treatment and follow-up. To further assess your need for CoQ10, a Lipid Peroxides Profile may also be performed.

#### *Conditions relating to CoQ10 deficiency:*

- Cancer
- Diabetes
- Heart conditions
- HIV/AIDS
- Mitochondrial disease
- Muscular dystrophies
- Parkinson's disease

[Source: MayoClinic]

## PATIENT INFORMATION SHEET



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