



<b>Co-Enzyme Q10</b>	
<b>Description</b>	Co-enzyme Q10 is a naturally occurring substance produced by the body. It is found in the mitochondria cells.
<b>Function &amp; Use</b>	Co-enzyme Q10 is needed for the process that converts energy in food into energy that can be used by the body. Co-enzyme Q10 may also work as an antioxidant, neutralising potentially damaging free radicals.
<b>Food Sources</b>	Co-enzyme Q10 can be found in broccoli, brown rice and pasta, mackerel and sardines, meat, nuts, soya products, spinach and wholemeal bread.
<b>Commercial Availability &amp; Dosage</b>	Look for capsules or tablets containing co-enzyme Q10 in an oil base, as it is absorbed more efficiently because it is fat-soluble. It is sold in capsules and tablets in strengths of 10-150 mg.
<b>Precautions / Contra-Indications</b>	None known
<b>Pregnancy &amp; Breastfeeding</b>	Safety in pregnancy and breastfeeding has not been established.
<b>Adverse Effects<sup>1</sup></b>	Co-enzyme Q10 appears to be safe and relatively well tolerated in doses of 10-200 mg daily. There are occasional reports of gastrointestinal discomfort, dizziness and skin rash, but these tend to occur with doses in excess of 200mg daily.
<b>Interactions<sup>1</sup></b>	In patients on warfarin and heart medication, co-enzyme Q10 should be used with caution.
<b>References</b>	1. Mason, P. Dietary Supplements. Pharmaceutical Press, London, 2001.