

which one?

CoQ10: Does Form Matter?



by Margy Squires

We've written a lot about coenzyme Q10 (CoQ10) as a powerful antioxidant. It's also an essential nutrient your body manufactures and uses as part of the cycle which produces energy. Recent studies have also shown **CoQ10 is important in disorders with ongoing oxidative stress such as diabetes, Parkinson's, periodontal disease, cardiovascular disease and SEID (ME/CFS) to quench free radicals and facilitate healing.** Mario Cordero, M.D. has reported CoQ10 benefits for fibromyalgia (FM) patients with mitochondria dysfunction. The only hesitation in taking CoQ10 is choosing which form to take!

As a required nutrient, CoQ10 is in EVERY cell in your body. So a clever scientist decided to call it "ubiquinone", a combination of part of its chemical name *quinone* and ubiquitous which means "everywhere". As research into CoQ10 continued, especially how CoQ10 is utilized in the body, scientists discovered CoQ10 or ubiquinone had to be reduced or converted to *ubiquinol*. Since most people recognize the CoQ10 name, ubiquinol was simply added as an extension. Unfortunately it's a conundrum of confusion for shoppers who are not sure why one nutrient has two names. In fact, we've gotten our share of questions so we decided to see if we could explain the difference.

It's all about biochemistry because as you know, you are a walking chemistry factory. If you're under age 40, your body easily converts or reduces ubiquinone to ubiquinol, the bioactive form your body actually uses. However, if you're over 40, the reduced form is your best choice to reap this antioxidant's far-reaching health benefits.

Beyond the age of 40, your body produces less CoQ10 which may result in less conversion to ubiquinol. Besides age, there are other factors which may signal your need for the active form ubiquinol such as insufficient dietary intake, missing nutrients for the conversion, increased energy demands, exposure to oxidative stress and the presence of disease or ill health.

So whether you take this essential nutrient CoQ10 as ubiquinone or ubiquinol, you'll be doing your health a big favor!

More Reading in the TyH Health Library Online

- ◆ CoQ10: Energy, The Power of CoQ10
- ◆ CoQ10, Keys to Health
- ◆ CoQ10: The Latest News for People with Fibromyalgia
- ◆ CoQ10 & Parkinson's
- ◆ CoQ10 & Periodontal Disease
- ◆ CoQ10: Pre-Diabetes & CoQ10 *get out of the box!*
- ◆ CoQ10: Ubiquinol for the Game of Life
- ◆ CoQ10: Vit E, & Lecithin Triple Action
- ◆ CoQ10: What's in My CoQ10?

CoQ10 FAST FACTS

- ◆ is an essential nutrient for human life
- ◆ 90% of the active form in the human body is ubiquinol
- ◆ ubiquinol absorbs 4-8x better into the bloodstream than ubiquinone, reduces fatigue 90% more efficiently & slows aging by 40%
- ◆ CoQ10 ubiquinone must be broken down to ubiquinol biochemically to be active
- ◆ over the age of 40, the production & availability of CoQ10 decreases
- ◆ taking CoQ10 as a supplement helps with mitochondria function & energy needs
- ◆ for FM mitochondria dysfunction, taking CoQ10 showed a positive cellular response per published studies
- ◆ typical dosing for FM is 100 mg a day ubiquinone or 50 mg of ubiquinol to start
- ◆ typical dose for SEID (ME/CFS) is 200-300 mg ubiquinone or 50-150 mg ubiquinol



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The history of CoQ10: Coenzyme Q10 as 2,3, dimethoxy-5-methyl-6 decaprenyl-1,4-benzoquinone was isolated from cardiac mitochondria by Dr. Frederick L. Crane and colleagues at the University of Wisconsin in 1957, and its chemical structure was determined by Dr. Karl Folkers et al. of the University of Texas in 1958. Kaneka developed the method to supply ubiquinol commercially and the FDA accepted Kaneka Ubiquinol™ as a New Dietary Ingredient in 2005.

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