Essentials

Our Coenzyme Q10 is a high-quality material produced by fermentation, from selected partners qualified by our regulatory team.

PRODUCT PROFILE SHEET

Coenzyme Q10 is also called ubiquinone, after its ubiquitous (widespread) distribution in the human body. CoQ10 is used by the body to transform food into adenosine triphosphate (ATP), the energy which the body runs on. Coenzyme Q10 (CoQ10) is found primarily in fish and meat, but the amounts in food are far less than what can be obtained from supplements. Also, it is known that CoQ10 production decreases as people age.

Ubiquinol is the reduced form of CoQ10, while ubiquinone is the oxidised form. The body is able to convert back and forth between these two forms. Both variations exist in the body, but ubiquinol is the form that is found the most in blood circulation. CoQ10 can be produced either synthetically or naturally. CoQ10 produced by natural fermentation has a closer structure to the CoQ10 naturally produced by the human body and therefore it may be better recognised and absorbed.

Product Advantages

- ✔ **Natural**
- ✔ **High Quality Ingredient**
- ✔ **From Selected Approved Partners**
- ✔ **Produced by Fermentation (USP/EP)**
- ✔ **Qualified and Approved by our Regulatory Department**
- ✔ **Technical and Commercial support from our expert teams**
- ✔ **Suitable for Vegetarians and Vegans**
- ✔ **3 Years Shelf Life**

Research

Research has been done to investigate the benefits of CoQ10, proving that it supports **healthy skin-aging**, **cell protection during exercise**, **cardiovascular, diabetes** and **neuroprotection.**

Two analysis in study reviews[1,2] concluded CoQ10 may be beneficial for managing heart failure, reduce mortality and improve exercise capacity. CoQ10 studies[3] show benefits related to fertility in men by improving sperm quality.

A review of five studies[4] found that CoQ10 may reduce the duration and frequency of migraine in children and adults. CoQ10 may help exercise performance[5] by decreasing oxidative stress in the cells and improving mitochondrial function. According to research[6] supplementing with CoQ10 may help reduce fatigue, which could also potentially improve exercise performance.

Product Range

LEHVOSS Code	Active Ingredients	Form
26000160	No less than 98% CoQ10	Powder

Product Dosage

No RDA (Recommended Daily Allowance) is set for Coenzyme Q10, however, studies have referred to using 30mg up to 600mg/day with an average of 200mg a day.

About

LEHVOSS Nutrition is the European division of the Hamburg-based group, specialising in the sourcing, technical approval, sales and marketing of specialty ingredients for the food supplement, pharma, animal nutrition and functional foods industries.

References

1. *J Mehdi, S Masood Mousavi et al.* Coenzyme Q10 in the treatment of heart failure *PubMed Central, 2018 Jan 31. 2018 Jul; 70(Suppl 1): S111–S117.*
2. *L Lei and Y Liu.* Efficacy of coenzyme Q10 in patients with cardiac failure *PubMed Central, BMC Cardiovasc Disord. 2017; 17: 196.*
3. *A Salas-Huetos, N Rosique-Esteban et al.* The Effect of Nutrients and Dietary Supplements on Sperm Quality Parameters *Adv Nutr, 2018 Nov; 9(6): 833–848.*
4. *Z ZhiYong, L YunPeng,* Efficacy of CoQ10 as supplementation for migraine *PMID: 30428123 DOI: 10.1111/ane.13051*
5. *F Drobnic, Ma A Lizarraga, et al.* Coenzyme Q10 Supplementation and Its Impact on Exercise and Sport Performance in Humans *Nutrients. 2022 May; 14(9): 1811.*
6. *T I-Chen, H Chih-Wei, et al.* Effectiveness of Coenzyme Q10 Supplementation for Reducing Fatigue *Front Pharmacol. 2022; 13: 883251.*