

QUESTION OF THE WEEK

Q: What is the benefit of Co Q-10?

Coenzyme Q-10 is found in most plant and animal cells, particularly in the mitochondria. It may help people who suffer from rare mitochondrial diseases.

There is decent clinical data that Co Q-10 can help ease muscle cramps because of statin drugs (used to lower cholesterol). Statin drugs can deplete Co Q-10 levels by as much as 40 percent. There are weaker studies that show it may be helpful in lowering high blood pressure. It is generally safe and the most common reported side effect is stomach upset. Typical doses range from 100-400 mg daily.



Dr. Jon C. Burdzy
Physicians' Primary Care of Southwest Florida

— Dr. Jon C. Burdzy is a family practice physician with Physicians' Primary Care of Southwest Florida in the Fort Myers office at 7780 Cambridge Manor Place, Suite C, 275-6778.
