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**[1], **cell protection during exercise**, **cardiovascular**, **glucose metabolism** and **blood sugar levels** (especially in people with diabetes)[2-4] and **neuroprotection**. More specifically, Coenzyme Q10 may help support **metabolic health** by promoting **energy production** through ATP, acting as an antioxidant to reduce **oxidative stress**, and improving **insulin sensitivity**, which may help manage **blood sugar levels**.

Two analysis in study reviews[5,6] concluded CoQ10 may be beneficial for **managing heart failure**, **reduce mortality** and **improve exercise capacity**. CoQ10 studies[7] show benefits related to **fertility** in men by improving sperm quality. A review of five studies[8] found that CoQ10 may reduce the duration and frequency of migraines in children and adults. CoQ10 may help **exercise performance**[9] by decreasing **oxidative stress** in the cells and improving **mitochondrial function**. According to research[10] supplementing with CoQ10 may help **reduce fatigue**, which could also potentially **improve exercise performance**.

Product Range

LEHVOSS Code	Active Content	Grade	Mesh Size
26000160	Min 98% Coenzyme Q10	Powder	NLT 90% pass 80 mesh

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

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. *M Nogueira MD et al. (2023)* Oral coenzyme Q10: the new authority in skin aging. Results of a randomized, double-blind, placebo-controlled trial in elderly women.
2. *Mahsa Gholami et al. (2019)* Effects of Coenzyme Q10 Supplementation on Serum Values of Gamma-glutamyl transferase, Pseudocholinesterase, Bilirubin, Ferritin, and High-Sensitivity C-Reactive Protein in Women with Type 2 Diabetes. *doi:10.1055/s-0043-124183.*
3. *Bor-Jen Lee M.D et al. (2012)* Coenzyme Q10 supplementation reduces oxidative stress and increases antioxidant enzyme activity in patients with coronary artery disease. *doi:10.1016/j.nut.2011.06.004.*
4. *Ying Liang et al. (2022)* Effects of coenzyme Q10 supplementation on glycemic control: A GRADE-assessed systematic review and dose-response meta-analysis of randomized controlled trials. *doi:10.1016/j.eclinm.2022.101602.*
5. *J Mehdi, S Masood Mousavi et al. (2018)* Coenzyme Q10 in the treatment of heart failure.
6. *L Lei and Y Liu. (2017)* Efficacy of coenzyme Q10 in patients with cardiac failure.
7. *A Salas-Huetos, et al. (2018)* The Effect of Nutrients and Dietary Supplements on Sperm Quality Parameters.
8. *Z ZhiYong, L YunPeng,* Efficacy of CoQ10 as supplementation for migraine *doi:10.1111/ane.13051*
9. *F Drobnic, Ma A Lizarraga, et al. (2022)* Coenzyme Q10 Supplementation and Its Impact on Exercise and Sport Performance in Humans.
10. *T I-Chen, H Chih-Wei, et al. (2022)* Effectiveness of Coenzyme Q10 Supplementation for Reducing Fatigue.