



Coenzyme Q10 (coenzyme Q-10)

Generic Name: ubiquinone (coenzyme Q-10) (ue BIK wi none)

Brand Name: *Coenzyme Q10, CoQ10, elppa CoQ10, LiQsorb, Liquid Co-Q10, NutraDrops, Q-Sorb Co Q-10, QuinZyme*

What is Coenzyme Q10 (ubiquinone coenzyme Q-10)?

Ubiquinone is a vitamin-like substance that is made naturally in the body. Ubiquinone is also known as Coenzima, Ubidcarenone, Ubidécárénone, and Ubiquinol.

Ubiquinone has been used in alternative medicine as a likely effective aid in treating coenzyme Q-10 deficiency, or reducing the symptoms of mitochondrial disorders (conditions that affect energy-production in the cells of the body).

Ubiquinone is also possibly effective in preventing migraine headaches, lowering blood pressure, preventing a second heart attack, or slowing the progression of early Parkinson's disease. Ubiquinone is also possibly effective in improving symptoms in people with congestive heart failure, nerve problems caused by diabetes, Huntington's disease, muscular dystrophy, or macular degeneration (age-related vision loss).

Ubiquinone has also been used to treat Alzheimer's disease, high cholesterol, or amyotrophic lateral sclerosis (Lou Gehrig's disease). However, research has shown that ubiquinone may not be effective in treating these conditions.

Research also has shown that ubiquinone is not likely to be effective in increasing athletic performance.

Other uses not proven with research have included treating asthma, COPD, cancer, diabetes, certain heart problems, fibromyalgia, hepatitis C, kidney problems, high blood pressure during pregnancy, muscle problems caused by taking "statin" cholesterol medicine, and other conditions.

Ubiquinone is often sold as an herbal supplement. There are no regulated manufacturing standards in place for many herbal compounds and some marketed supplements have been found to be contaminated with toxic metals or other drugs. Herbal/health supplements should be purchased from a reliable source to minimize the risk of contamination.

Ubiquinone may also be used for purposes not listed in this product guide.

What is the most important information I should know about Coenzyme Q10 (ubiquinone coenzyme Q-10)?

Follow all directions on the product label and package. Tell each of your healthcare providers about all your medical conditions, allergies, and all medicines you use.

What should I discuss with my healthcare provider before taking Coenzyme Q10 (ubiquinone coenzyme Q-10)?

Before using ubiquinone, talk to your healthcare provider. You may not be able to use ubiquinone if you have certain medical conditions, especially:

- high or low blood pressure;
- if you are receiving chemotherapy; or
- if you smoke.

Ubiquinone is considered **possibly safe** to use during pregnancy. However, **do not use this product without medical advice if you are pregnant.**

It is not known whether ubiquinone passes into breast milk or if it could harm a nursing baby. **Do not use this product without medical advice if you are breast-feeding a baby.**

Do not give any herbal/health supplement to a child without a doctor's advice.

How should I take Coenzyme Q10 (ubiquinone coenzyme Q-10)?

When considering the use of herbal supplements, seek the advice of your doctor. You may also consider consulting a practitioner who is trained in the use of herbal/health supplements.

If you choose to use ubiquinone, use it as directed on the package or as directed by your doctor, pharmacist, or other healthcare provider. Do not use more of this product than is recommended on the label.

Measure liquid medicine with the dosing syringe provided, or with a special dose-measuring spoon or medicine cup. If you do not have a dose-measuring device, ask your pharmacist for one.

To take the disintegrating tablet, use dry hands to remove the tablet from the package, and place it in your mouth. It will begin to dissolve right away. Do not swallow the tablet whole. Allow it to dissolve in your mouth without chewing.

Do not use different forms of ubiquinone at the same time without medical advice. Using different formulations together increases the risk of an overdose.

Your blood pressure may need to be checked while you are taking ubiquinone.

If you need surgery, stop taking ubiquinone at least 2 weeks ahead of time.

Store ubiquinone at room temperature, away from light, heat, and moisture. Keep the medicine bottle closed when not in use.

What happens if I miss a dose?

Skip the missed dose if it is almost time for your next scheduled dose. Do not use extra medicine to make up the missed dose.

What happens if I overdose?

Seek emergency medical attention or call the Poison Help line at 1-800-222-1222.

What should I avoid while taking Coenzyme Q10 (ubiquinone coenzyme Q-10)?

Avoid using ubiquinone together with other herbal/health supplements that can also lower blood pressure. This includes andrographis, casein peptides, cat's claw, fish oil, L-arginine, lycium, stinging nettle, or theanine.

Coenzyme Q10 (ubiquinone coenzyme Q-10) side effects

Get emergency medical help if you have **signs of an allergic reaction**: hives; difficult breathing; swelling of your face, lips, tongue, or throat.

Although not all side effects are known, ubiquinone is thought to be likely safe for most adults when used as directed.

Stop using ubiquinone and call your healthcare provider at once if you have:

- very low blood pressure--dizziness, severe weakness, feeling like you might pass out.

Common side effects may include:

- upset stomach, nausea, vomiting, loss of appetite;
- diarrhea;
- skin rash; or

- low blood pressure.

This is not a complete list of side effects and others may occur. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

See also: Side effects (in more detail)

What other drugs will affect Coenzyme Q10 (ubiquinone coenzyme Q-10)?

Do not take ubiquinone without medical advice if you are using any of the following medications:

- omega-3 fatty acids;
- vitamins (especially A, C, E, or K);
- blood pressure medicine;
- cancer medicine; or
- warfarin (Coumadin, Jantoven).

This list is not complete. Other drugs may interact with ubiquinone, including prescription and over-the-counter medicines, vitamins, and herbal products. Not all possible interactions are listed in this product guide.

Where can I get more information?

- Consult with a licensed healthcare professional before using any herbal/health supplement. Whether you are treated by a medical doctor or a practitioner trained in the use of natural medicines/supplements, make sure all your healthcare providers know about all of your medical conditions and treatments.
- Remember, keep this and all other medicines out of the reach of children, never share your medicines with others, and use this medication only for the indication prescribed.
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