

COENZYME Q10 AND ITS EFFECTS ON THE HUMAN BODY



by FreakToFit

Introduction



CoQ10, also known as Coenzyme Q10, is one of the most important nutrients in the human body. Found mainly in cells of the heart and liver, it plays a vital role in converting the food we eat into energy that the body can use.

This enzyme also helps support a number of other essential functions, including immune function and cell repair processes that are vital to healthy aging. Here's how CoQ10 works and why you should add it to your diet today!



WHAT IS COQ10?

CoQ10 is generally made in every cell in your body. It is required to maintain energy production within the cells. The highest concentrations are found in the liver, kidney, & heart because of the high amount of energy required for these organs to function.

It acts like an antioxidant. An antioxidant is actually any substance which helps to reduce cell damage, or oxidation. Oxygen breaks down atoms. Antioxidants may compensate for the breakdown by donating electrons to the resulting off-balance atoms, known as free radicals.



WHY SHOULD WE TAKE IT?

Coenzyme Q10 is a substance that occurs naturally in our body. It's used in energy production, cell growth, and brain function.

WHAT ARE THE SIDE EFFECTS OF COENZYME Q10?

Although CoQ10 is generally regarded as safe, some people do report side effects. The most common of these are stomach discomfort, skin rashes and headaches. More severe symptoms include nausea, vomiting, fatigue, headache, muscle pain and palpitations. If you experience any of these or other negative reactions when taking CoQ10 supplements, it's best to discontinue use until you can speak with your doctor.



HOW DOES COENZYME Q10 WORK?

Coenzyme Q10 (CoQ10) is an enzyme that is naturally produced by our bodies. It acts as a catalyst in mitochondria, which are responsible for producing ATP (our bodies' energy currency). CoQ10 levels in our body decline with age, so people over 40 often experience a natural deficiency.



HOW DOES COENZYME Q10 WORK?

Supplements.

If you're looking to boost your energy levels, supplementing with CoQ10 may be worth a try. But does it work? And what does it do? Let's take a closer look.

Step 1. Learn about CoQ10 and heart health – The first step toward learning about how CoQ10 works is understanding where it comes from and how we get it. Vitamin supplements aren't enough: You'll need to eat nutrient-rich foods containing coenzyme Q9.

Step 2. Learn about heart health and cholesterol – There's some evidence that taking a statin drug can reduce cardiovascular risk; however, not everyone responds positively.



BOTTOM LINE.

So, antioxidants like CoQ10 assist to re-establish a delicate balance within body cells. But CoQ10 levels in our body decline with the growing age, diabetes, use of statin drugs, use of certain diabetic drugs, and some psychiatric medications. Always consult with your doctor if a CoQ10 supplement can be beneficial to your heart.