

Overview

Coenzyme Q10 (CoQ10) is a substance that helps convert food into energy. CoQ10 is found in almost every cell in the body, and it is a powerful antioxidant.

Antioxidants fight damaging particles in the body known as free radicals, which damage cell membranes, tamper with DNA, and even cause cell death. Scientists believe free radicals contribute to the aging process, as well as a number of health problems, including heart disease and cancer. Antioxidants, such as CoQ10, can neutralize free radicals and may reduce or even help prevent some of the damage they cause.

Some researchers believe that CoQ10 may help with heart-related conditions, because it can improve energy production in cells, prevent blood clot formation, and act as an antioxidant.

High blood pressure

Several clinical studies involving small numbers of people suggest that CoQ10 may lower blood pressure. However, it may take 4 to 12 weeks to see any change.

In one analysis, after reviewing 12 clinical studies, researchers concluded that CoQ10 has the potential to lower systolic blood pressure by up to 17 mm Hg and diastolic blood pressure by 10 mm Hg, without significant side effects.

More research with greater numbers of people is needed. DO NOT try to treat high blood pressure by yourself. See your provider for treatment.

Blood pressure medications:

CoQ10 may work with blood pressure medications to lower blood pressure.

In a clinical study of people taking blood pressure medications, adding CoQ10 supplements allowed them to reduce the doses of these medications.

More research is needed, however. If you take medication for high blood pressure, talk to your provider before taking CoQ10, and DO NOT stop taking your regular medication.