

The Truth About Coenzyme Q10

Coenzyme Q10 is an important cofactor that is found in nearly every cell of the body. Coenzyme Q10 is naturally produced by the body as well as attained through the foods we eat or in supplement form. Without it, every cell in our body could not produce energy to function and we would die. Coenzyme Q10 has the capability to regenerate antioxidants, protecting cells and DNA from oxidative stress which naturally occurs in the body every day.

Some may say that coenzyme Q10 exists in only one form, but in fact this substance exists in at least three forms in the body naturally. These three forms are CoQ ubiquinone, CoQH ubisemiquinone and COQH2 ubiquinol all of which are metabolically active forms of coenzyme Q10.

Ubiquinone has been commercially available for more than 30 years normally consumed orally, but recently stable forms of Ubiquinol have been made available for consumption which is of great interest by many researchers. The former ubiquinone when ingested had to be reduced by an enzymatically driven conversion from ubiquinone to Ubiquinol in the digestive tract. This conversion is done by the transfer of electrons effectively reducing the coenzyme Q10 to a more usable form Ubiquinol.

Once Ubiquinol is produced the body can more easily manufacture ATP which is directly used by cells for cellular energy. In young individuals, 90 percent of coenzyme Q10 found in the blood is in the Ubiquinol form. This being the case, the old form (ubiquinone) was less absorbable than the newer Ubiquinol that can go right to work in the body. Ubiquinol is considered the strongest lipid soluble antioxidant that is biosynthesized, providing an active defense against oxidative stress that damages, cells, proteins, lipids, and DNA.

Some scientists believe that cellular damage from free radicals cause our bodies to age. The older we get the less our bodies produce coenzyme Q10 which in its self is an antioxidant and restores other antioxidants in the body to fight the war against free radicals. Eating foods rich in antioxidants and or supplementing with antioxidants may slow the aging process.

With age, disease, and some prescription medications, the old form of coenzyme Q10 can not easily follow the process of absorption in the intestinal tract where it is reduced and shuttled through the lymphatic system into the circulatory system (blood). This is why Ubiquinol was so highly sought after. Ubiquinol is already reduced, the preferred form coenzyme Q10 the body wants to circulate and retain.

When one ages, energy levels always drop and one tends to slow down and feel tired sooner in the day, this may be because of a drop in coenzyme Q10 in the blood. Many recent studies suggest that the plasma Ubiquinol ratio is reduced in response to cardiovascular disease, neurodegenerative disease, cancer, fatigue and especially in type-2 diabetes. Supplementing with Ubiquinol can help restore plasma levels and boost ones energy levels and possibly slow diseases.

To sum it up, if you are over 45, suffering from a degenerative disease or cancer, feel tired and run down, or taking prescription medications, conventional coenzyme Q10 is not what you want to take to elevate plasma levels. Ubiquinol is needed because the body can not adequately produce the most abundant form of coenzyme Q10 in the blood (Ubiquinol). So for those who want to maintain health and wellness look for Ubiquinol in their local health food store.

About the Author

More information on [ubiquinol coenzyme Q10](http://vitanetonline.com/ubiquinol-coenzyme-q10) is available at VitaNet ®, LLC Health Food Store. <http://vitanetonline.com/>

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