

CoQ10 can help people with a variety of conditions

Recent studies suggest CoQ10 can help people with a variety of conditions. The following are some examples.

Dental health: According to Medline Plus, preliminary studies suggest possible benefits of CoQ10 taken by mouth or placed on the skin or gums to treat gum disease.

Alzheimer's disease: According to Medline Plus, a service of the U.S. National Library of Medicine and the National Institutes of Health, preliminary evidence suggests that CoQ10 supplements may slow down dementia in people with Alzheimer's disease.

Cancer: According to the National Cancer Institute, interest in CoQ10 as a possible treatment for cancer began in 1961, when it was found that some patients had a lower than normal amount of it in their blood, including those with myeloma, lymphoma and cancers of the breast, lung, prostate, pancreas, colon, kidney, head and neck. Studies suggest that CoQ10 may help the immune system work better, and as an antioxidant, may help prevent cancer from developing.

Heart health: According to Medline Plus, preliminary research suggests CoQ10 causes small decreases in blood pressure. Small studies suggest it may reduce angina and improve exercise tolerance in people with clogged heart arteries. It may reduce some adverse effects associated with statin therapy for high cholesterol.

Parkinson's disease: According to The National Institute of Neurological Disorders and Stroke, results of the first placebo-controlled, multicenter clinical trial of CoQ10 suggest it can slow disease progression in patients with early stage Parkinson's disease. The study, which included 80 patients, suggests doses as high as 1,200 mg/day are safe and may be more effective than lower doses. The investigators are now planning a larger clinical trial.