

Coenzyme Q10 benefits people with heart failure

Sun Jan 7, 7:47 AM ET

The popular supplement coenzyme Q10 improves the functional capacity of patients with chronic heart failure, along with strengthening of their heart, a new study shows.

Coenzyme Q10 (CoQ10) has antioxidant properties, note Dr. Romualdo Belardinelli, of Lancisi Heart Institute, Italy, and colleagues. "However, its role in chronic heart failure is not well defined," they explain in the *European Heart Journal*.

The team therefore studied 23 patients, average age 59 years, with moderate to severe heart failure. They were assigned to 4 weeks each of oral CoQ10 supplements or inactive placebo pills, with or without supervised exercise training five times per week.

Of the 23 patients, 21 completed the study. Supplementation with CoQ10 led to a significant 3 percent increase in HDL ("good") cholesterol and improvement in peak exercise capacity.

Belardinelli's team also saw an increase in cardiac function with CoQ10 treatment.

Combining exercise training with CoQ10 produced more marked improvements in these and all other parameters.

The researchers conclude that oral CoQ10 improves several aspects of heart failure, "without any side effects."

SOURCE: *European Heart Journal*, November 2006.