CoQ10 May Offer Help for Fatigue During Exercise

By Greg Arnold, DC, CSCS, April 18, 2008, abstracted from “Antifatigue effects of coenzyme Q10 during physical fatigue” in the April 2008 issue of Nutrition

CoQ10 was first identified in 1957 and was known as “ubiquinone” because it is found everywhere in the body. It is found in the highest amounts in the heart, liver, kidneys, and pancreas and in lowest amounts in the lungs1. While helping to maintain healthy levels of inflammation2, CoQ10 has been found to help with mental health3, migraines4, heart health5, and even blood sugar health6.

Now a new study7 has found that CoQ10 can also help with fatigue during exercise. In the study, 17 healthy patients took either 100 mg of CoQ10, 300 mg of CoQ10, or placebo per day for 8 days. The patients exercised for two hours on a stationary bike twice per day (at 8 am and 4:30 pm) at a workload which produced 80% of their maximum heart rate. The patients filled out a visual analog scale rating fatigue from 0 (no fatigue) to 100 (complete exhaustion) and had blood pressure and blood samples taken after each exercise session.

While there was no difference in blood pressure changes between the three groups, the researchers found that those in 300 mg group of CoQ10 reported 22% less fatigue than the placebo group and 13% less fatigue than the 100 mg group. Exact numbers were not provided by the researcher but were plotted on a bar graph.

For the researchers, “oral administration of coenzyme Q10 improved subjective fatigue sensation and physical performance during fatigue-inducing workload trials” and that “administration of coenzyme Q10 might prevent unfavorable conditions as a result of physical fatigue.”

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Reference:
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