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Role for a water-soluble form of CoQ10 in female subjects affected by fibromyalgia. A preliminary study.

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Abstract

Decreased antioxidant capacity and increased oxidative stress have been observed in **fibromyalgia** patients. Some trials have also shown that **CoQ10** levels are reduced in these patients but that supplementation can restore levels and reduce **fibromyalgia** symptoms, including pain and fatigue. We evaluated the effect of administration of a finished form of **CoQ10** (DDM Chinone®) at a dose of 200 mg×2/day in 22 female subjects with a diagnosis of **fibromyalgia** in a randomized, open-label, cross-over study. Our results show that, compared to a control group, administration of **CoQ10** significantly improved most pain-related outcomes by 24-37%, including fatigue (by ~22%) and sleep disturbance (by ~33%). These results confirm the considerable role played by **CoQ10** in reducing pain, fatigue, and sleep disturbance in subjects affected by **fibromyalgia**.

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Publication type, MeSH terms, Substances

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