



Accurate Clinic

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Accurate Education

Nutraceuticals: CoQ10

Migraines

Mitochondrial Dysfunction

Coenzyme Q10 (CoQ10), is a powerful antioxidant synthesized in the body that is critical for cellular (mitochondrial) energy production, although synthesis reduces in age. It is widely studied relative to its role in chronic pain conditions (e.g., fibromyalgia, diabetic neuropathy) as well as fatigue, cognitive function and cardiovascular health. Its antioxidant and anti-inflammatory effects may reduce oxidative stress in acute pain settings also, potentially suppressing the transition of acute to chronic pain.

Dietary sources provide minimal CoQ10, so supplements (100–300 mg/day) are needed for full therapeutic benefits. Evidence for safety and benefits for supplementing with CoQ10 is strong.

INDICATIONS and DOSING

For most conditions, 300 mg/day is optimal; Higher doses (>600 mg/day) rarely provide additional benefit and they increase cost.

Migraine Prevention:

- **Standard dose: 300 mg/day** (100 mg three times/day or 300 mg once daily)
Up to 400 mg/day in refractory cases
- **Duration:** Minimum 3 months for full effect; continue long-term if effective

Fibromyalgia:

- **Recommended dose:** 300 mg/day
- **Duration:** Minimum 40-84 days (6-12 weeks); continue long-term if effective

Mitochondrial Dysfunction /:Chronic Fatigue

- **Standard dose:** 200-400 mg/day; up to 600-1200 mg/day for severe dysfunction
- **Duration:** 8-12 weeks minimum; long-term use common

Multiple Sclerosis:

- **Dose:** 500 mg/day (based on clinical trial)
- **Duration:** 12 weeks minimum; long-term use for neuroprotection

Statin-Associated Muscle Symptoms:

- **Standard dose:** 100-200 mg/day; up to 600 mg/day in refractory cases
- **Duration:** 4-8 weeks to assess response; continue if beneficial

General Health/Antioxidant Support:

- **Dose:** 100-200 mg/day

TIMING AND ADMINISTRATION OF COQ10:

- **Take with meals containing fat:**
CoQ10 is fat-soluble; absorption is significantly improved by taking with a fatty meal
- **Divide doses:** If taking ≥ 200 mg/day, take 100 mg twice or three times a day
- **Consistent timing:** Take at same time daily for stable blood levels

—> **Continue for at least 3 months before assessing effectiveness**

FORMULATION CONSIDERATIONS:

CoQ10 (Ubiquinone and Ubiquinol) has limited bioavailability and comes in multiple different formulations which significantly affects absorption; *the recommended first choice for most patients:*

- **Ubiquinol Softgel**

SYNERGIES WITH OTHER NUTRACEUTICALS

CoQ10 works synergistically with several other supplements:

1. **Alpha-Lipoic Acid (ALA):**
2. **L-Carnitine / Acetyl-L-Carnitine**
3. **Magnesium:**
4. **Riboflavin (Vitamin B2):**
5. **Omega-3 Fatty Acids:**
6. **Vitamin E:**
7. **N-Acetylcysteine (NAC):**
8. **Resveratrol:**

—> **Migraine Prevention Synergy:**

A common evidence-based combination for migraine:

- CoQ10: 300 mg/day
- Riboflavin (B2): 400 mg/day
- Magnesium: 400-600 mg/day
- (Optional: Feverfew, Butterbur)

—> **Mitochondrial Dysfunction Synergy:**

A common evidence-based combination for mitochondrial dysfunction:

- CoQ10: 300-600 mg/day
- L-Carnitine or Acetyl-L-Carnitine: 1000-2000 mg/day
- Alpha-Lipoic Acid: 600 mg/day
- Riboflavin: 400 mg/day
- Magnesium: 400-600 mg/day

Third-party testing:

- Choose a reputable product verified by USP, NSF International, or ConsumerLab.

Storage:

- CoQ10 is sensitive to light and heat
- Choose products in opaque bottles or blister packs
- Store in cool, dry place

Expiration date:

- Check expiration date; CoQ10 degrades over time so use within expiration period

Red Flags:

- Products without clear labeling of ubiquinone vs. ubiquinol (preferred form)
- Extremely low prices (may indicate low quality or inadequate CoQ10 content)
- Products without third-party testing
- Powder capsules claiming high bioavailability without enhanced formulation

Review CoQ10 on www.AccurateClinic.com for more extensive information:



CoQ10 Patient Guide



CoQ10



CoQ10 Pain Processing