

The CoQ10 Decision Plan

For anyone over 50, or on a statin, wondering whether a CoQ10 supplement is worth it. Every line below restates a claim verified against Tier-1 medical sources. Nothing here is invented, and nothing is for sale.

✓ CHECKED AGAINST CLEVELAND CLINIC · MAYO CLINIC

1

Your body makes most of it

CoQ10 is a nutrient your body makes on its own and gets from food, concentrated in the mitochondria where cells make energy. Levels decline with age. (Cleveland Clinic, Mayo Clinic)

2

Food has it, but not much

Meat, fish and nuts contain CoQ10, but not usually enough to raise your levels by much. (Mayo Clinic)

3

The evidence is narrow

The strongest support is for migraine prevention and heart failure symptoms. For statin muscle pain, there is not enough evidence to know for sure. (Cleveland Clinic, Mayo Clinic)

1. Decide whether you are actually likely to benefit

More is not automatically better.

WHY THIS WORKS

Cleveland Clinic is direct that if you do not have a deficiency, supplementing probably will not make a difference. It names the groups most likely to gain something: people who get migraines, people living with heart disease, and adults over 50, when the body's own CoQ10 production has naturally declined. If none of those describe you, the honest answer may be that you do not need it.

SOURCE: CLEVELAND CLINIC

DO THIS WEEK

- ☐ Ask which group you are actually in: migraine, heart disease, over 50, or none
- ☐ If none, put the money toward food and sleep instead
- ☐ Do not start a supplement to fix a problem you have not confirmed

2. Feed it from food before you buy a bottle

The free route first, the same order every clinic uses.

WHY THIS WORKS

Mayo Clinic notes that oily fish, organ meats and whole grains carry CoQ10, though the amount in food is not usually enough to raise blood levels dramatically. Food is still the foundation: it comes with protein, minerals and the rest of the nutrients your mitochondria use, none of which a single capsule delivers. Build the plate first, then decide whether a supplement is adding anything on top.

SOURCE: MAYO CLINIC

DO THIS WEEK

- ☐ Put oily fish on the plate two or three times a week
- ☐ Add nuts and seeds as everyday snacks
- ☐ Treat any supplement as an addition to this, never a replacement

3. If you supplement, keep it simple and do not overpay

The label games are where the money leaks.

WHY THIS WORKS

Cleveland Clinic advises against going out of your way to buy the pricier ubiquinol form, because the absorbability claim is not the deciding factor most labels imply. Because supplements are not tightly regulated by the FDA, it also

DO THIS WEEK

- ☐ Skip the premium ubiquinol markup unless a clinician tells you otherwise
- ☐ Look for third-party testing on the label
- ☐ Take it with a meal that contains some fat

matters that the bottle carries independent third-party testing so what is on the label is what is in the capsule. Take it with a meal that contains some fat, since CoQ10 is fat soluble.

SOURCE: CLEVELAND CLINIC

4. Clear the interactions before the first capsule

This is the part that matters most if you take medicine.

WHY THIS WORKS

Mayo Clinic warns that CoQ10 may make the blood thinner warfarin work less well, which can raise clot risk, so anyone on warfarin needs a clinician's sign-off first. It also states that CoQ10 has not been established as safe in pregnancy or breastfeeding. And if you are considering it for statin muscle pain, know that the evidence is not settled, and stopping a statin on your own is never the move.

SOURCE: MAYO CLINIC

DO THIS WEEK

- ☐ On warfarin? Talk to your prescriber before starting
- ☐ Pregnant or nursing? Do not start without medical advice
- ☐ Never stop a statin on your own; raise CoQ10 with your doctor instead

EVERY CLAIM ABOVE, TRACED TO ITS SOURCE

Cleveland Clinic, Should CoQ10 Supplements Be Part of Your Wellness Routine? · <https://health.clevelandclinic.org/what-is-coq10>

Mayo Clinic, Coenzyme Q10 · <https://www.mayoclinic.org/drugs-supplements-coenzyme-q10/art-20362602>

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