

THE COACH'S PLAN

The CoQ10 Absorption Plan

For anyone already buying CoQ10 who wants the dose to actually arrive.

With fat

The dosing rule

Cleveland Clinic instructs taking CoQ10 with a high fat meal

1.7x

Ubiquinol advantage

Not statistically significant in healthy older adults

8 weeks

Before you judge it

Blood and tissue levels build slowly

CoQ10 is one of the worst absorbed supplements on the shelf. It is large and fat soluble, so it leaves the gut slowly and only alongside fat. The form printed on the front of the bottle matters far less than whether the dose arrives dissolved in oil and lands on a meal that contains some.

What the evidence actually says

- 1 Cleveland Clinic instructs that CoQ10 be taken with a high fat meal, because it is fat soluble.
- 2 In healthy older adults, ubiquinol capsules showed a 1.7 fold bioavailability advantage that did not reach statistical significance.
- 3 A water soluble ubiquinone formulation outperformed both forms at 2.4 fold, so delivery moved the needle more than redox form.
- 4 CoQ10 appears in the blood mostly as ubiquinol even when it is swallowed as ubiquinone.
- 5 NCCIH states the overall evidence does not support CoQ10 reducing statin related muscle pain.

Your 3-step plan

1 Step 1: Move the dose to your largest meal

Cleveland Clinic instructs that CoQ10 be taken with a high fat meal. Pick the meal that reliably contains olive oil, eggs, cheese, nuts or oily fish, and anchor the capsule to it. This costs nothing and changes more than switching brands.

2 Step 2: Buy the delivery, not the word on the front

An oil based softgel gives the dose the fat it needs before it reaches your stomach. In head to head testing the formulation moved absorption further than the choice between ubiquinol and ubiquinone did. Pay for the carrier rather than the label.

3 Step 3: Take it in the morning and give it eight weeks

CoQ10 works at the cellular level and blood levels build slowly. Take it earlier in the day rather than late, since some people find it disturbs sleep. Judge it after a couple of months rather than a couple of days.

The safety line

CoQ10 interacts with warfarin, with insulin and with blood pressure medicines, and NCCIH notes it may not be compatible with some cancer treatments. Muscle pain while taking a statin is a conversation for your prescriber, not something to self manage from the supplement aisle. This plan is education, not medical advice.

Read the full article: <https://www.agelesscoach.com/articles/most-coq10-barely-makes-it-into-your-blood>

These statements have not been evaluated by the Food and Drug Administration. This guide is educational and is not medical advice, and is not intended to diagnose, treat, cure, or prevent any disease. Talk with your clinician before changing any supplement or medication.