



<https://www.p4fertility.co.uk/>

Supplement Information:

COQ 10

1. What Is CoQ 10? What are the benefits of taking CoQ10?

Coenzyme Q10 (CoQ10) is an antioxidant that your body produces naturally. Your cells use CoQ10 for growth and maintenance. Levels of CoQ10 in your body decrease as you age. CoQ10 is found in meat, fish, and whole grains. The amount of CoQ10 found in these dietary sources, however, is not enough to significantly increase CoQ10 levels in your body. Co Q10 improves egg quality and sperm quality. CoQ10 helps the eggs produce the vast amount of energy needed for all stages of conception – from ovulation, fertilization, implantation, to division from one cell into a healthy baby. CoQ10 is also a powerful antioxidant which protects the eggs from damage caused by aging, inflammation, and environmental sources.

2. How CO Q10 Works?

Deficiency of Co Q 10 is thought to contribute to the accelerated egg loss and poor pregnancy outcomes seen with aging. However, studies show that supplementing with CoQ10 can be helpful for couples dealing with infertility. It increases Mitochondrial Energy Production. The decline in oocyte quality could be associated with a decrease in mitochondrial activity. CoQ10 is also your only fat-soluble antioxidant. As an antioxidant, it protects the eggs from damage caused by toxins. Therefore, if using supplements such as Co Q 10 could increase mitochondrial activity and serve as a potent antioxidant, then maybe the ovary could perform better, and women would have higher pregnancy rates with lower risk of pregnancy loss. Higher concentrations of CoQ10 is associated with better quality embryos and higher pregnancy rates.

3. Is CoQ10 licenced medication?

No. It is available as a supplement.

4. Which women should use CoQ10 supplement for IVF?

All women over 40 and younger women with the low ovarian reserve are advised to take at least 6-8 weeks of CoQ10 supplementation before starting IVF. CoQ10 dosage for fertility are personalised by p4 prediction model. CoQ 10 could be used in women less than 40 years with potential issues related to egg or sperm quality and unexplained subfertility. While age is one factor in reducing the amount of CoQ10 your body produces, genetic variants can also be involved here. CoQ10 becomes Ubiquinol with the help of an enzyme called Coenzyme Q10 reductase. .The gene that codes for CoQ10 reductase is NQO1. A variation of the NQO1 gene makes a version of CoQ10 reductase that breaks down in the body much faster than usual, so less of it is available to convert CoQ10 to Ubiquinol. Taking CoQ10 in the form of Ubiquinol form bypasses the need for the CoQ10 reductase enzyme.

5. Is Co Q10 safe to take?

CoQ10 is naturally occurring in all your cells and has been used as a dietary supplement for more than 30 years. A one-year long toxicity study in animals determined that levels of up to 1200mg/day are safe. And supplementing with CoQ10 does not decrease your own body's production of CoQ10. Several studies have used CoQ10 supplements in women who are trying to conceive, showing both effectiveness and safety of supplementation.

6. Should my male partner take CoQ10?

CoQ10 has been shown to improve sperm quality, resulting in a significant improvement in concentration, motility, and morphology

7. How to order? And further information?

Contact – admin@p4fertility.co.uk

8. What is the evidence?

There is no conclusive evidence of significant improvement in IVF outcome. Limited number of studies showed limited evidence.

Higher concentrations of CoQ10 is associated with better quality embryos and higher pregnancy rates. (<https://pubmed.ncbi.nlm.nih.gov/28185121/>)

Older women could benefit from supplementation with CoQ10 by improving egg quality and fertilization rates. [https://www.fertstert.org/article/S0015-0282\(09\)01557-X/abstract](https://www.fertstert.org/article/S0015-0282(09)01557-X/abstract)

CoQ10 has also been shown to enhance male fertility
<https://onlinelibrary.wiley.com/doi/abs/10.1002/j.1939-4640.1994.tb00504.x>
supplementation with CoQ10 was shown to increase sperm motility.
([https://www.fertstert.org/article/S0015-0282\(09\)00236-2/abstract](https://www.fertstert.org/article/S0015-0282(09)00236-2/abstract))