



COENZYME Q10

In a recent study, researchers discovered a significant correlation between healthy plasma levels of coenzyme Q10 and vitamin B-6 and a reduced risk of coronary artery disease.

Higher CoEnzyme Q10 and vitamin B6 levels may be associated with a reduced risk of cardiovascular disease

Cardiovascular diseases are the leading cause of death worldwide, accounting for nearly 30% of all deaths. It is estimated that by 2030, over 23 million people will die from cardiovascular diseases annually.

In a new study published in *Nutrition Research*, scientists investigated the possible relationship between plasma levels of CoEnzyme Q10 and vitamin B6 and the risk of coronary artery disease (CAD). Study participants included 134 adults, 45 with at least 50% stenosis (blockage) of one major coronary artery. The control group (n=89) had normal blood biochemistry and were free of CAD. Researchers measured the plasma concentrations of CoQ10, vitamin B6 and lipid profiles of each participant.

Individuals with CAD were found to have significantly lower plasma CoQ10 and Vitamin B6 compared to the control group. Even after adjusting for other CAD risk factors, subjects with higher CoQ10 plasma concentration had a significantly lower risk of CAD. Higher plasma vitamin B6 concentration also related to a significantly lower risk of CAD, but the relationship was less significant after adjusting for other CAD risk factors.

This observational study suggests that there may be a significant correlation between the plasma levels of CoQ10 and Vitamin B6 and the risk of cardiovascular disease. The researchers state that further research should be conducted to examine the benefits of supplementing CoQ10 in combination with Vitamin B6 to CAD patients, especially if their CoQ10 levels are below normal levels. It should also be noted that Statin drugs, which are commonly prescribed to CAD patients and those at risk, are known to lower plasma CoQ10 levels.

Bor-Jen Lee et al. A significant correlation between the plasma levels of coenzyme Q10 and vitamin B-6 and a reduced risk of coronary artery disease. *Nutrition Research* 32(10):751-756, October 2012.