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 CLIA # 50D0630580

CO-Q10 Serum

Doctor ID 6206		Patient Name DOE, JANE			
Age 55	Sex F	Test ID 20010	Accession # 150000	Test Code 9010	
Date Collected 1/1/2000		Date Received 1/1/2000		Date Reported 1/1/2000	
Tech					
Comments					

Doctor Name and Address:

SAMPLE REPORT

ANY STREET
 ANY TOWN, US 10000
 Fax:

Test	Result	Abnormal Result	Normal Range
Coenzyme Q10	1 mg/L		0.8 - 1.5 mg/L
Vitamin E	8 mg/L	Yes - Low	12 - 40 mg/L
Vitamin A	mg/L		0.5 - 1.2 mg/L
β Carotene	mg/L		0.4 - 3.5 mg/L

Therapeutic Range for Cardiovascular Disease > 2.5 mg/L

Therapeutic Information

Serum CoQ10 measurements such as this test mirror bioavailable levels. If serum CoQ10 is low, it can be increased by supplementing according to the following (1):

- 30 to 100 mg daily for prevention of cardiovascular or periodontal disease and for patients taking HMG-CoA reductase inhibitors.
- 90 to 180 mg daily for angina pectoris, cardiac arrhythmia, hypertension and moderate gingival disease.
- 180 to 306 mg daily for congestive heart failure and dilated cardiomyopathy..
- CoQ10 is best absorbed when taken with a balanced meal.

Therapeutic Information

Coenzyme Q10 is a fat soluble cofactor essential for energy producing metabolic pathways and for the proper functioning of the mitochondrial oxidative system. With insufficient CoQ10, the electron transfer activity of the mitochondria decreases, resulting in a net failure to produce the energy necessary to run the cell. Tissues utilizing much energy have even greater demands for CoQ10. For example, heart muscle, which continually exerts a pumping action for an entire lifetime, has an immense need for this cofactor. Studies demonstrate the effectiveness of supplemental coenzyme Q10 in cardiomyopathy (2,3), myocardial dysfunction (4), and congestive heart failure (5). CoQ10 is also a powerful antioxidant (6) like vitamins E and C, and thus serves the role of neutralizing excess free radicals. It is now well established that the control of excess free radical activity is key in preventing/delaying the progression of degenerative diseases.

Therapeutic Information

1. Sinatra S. Coenzyme Q10 and the Heart. Keats Good Health Guide. Keats Publishing, Inc. 1998 New Canaan, CT.
2. Langsjoen PH, Folkers K. A six year study of therapy of cardiomyopathy with coenzyme Q10. Int J Tissue 1990;12:169-71
3. Langsjoen PH, Folkers K, Lyson K, et al. Pronounced increase of survival of patients with cardiomyopathy when treated with coenzyme Q10 and conventional therapy. Int J Tissue 1990;12:155-162
4. Mortenson SA, Vadhanavikit S, Muratsu K, et al. Coenzyme Q10: clinical benefits with biochemical correlates suggesting a scientific breakthrough in the management of chronic heart failure. Int J Tissue React 1990;12:155-162
5. Morisco C, Nappi A, Argenziano L, et al. Noninvasive evaluation of cardiac hemodynamics during exercise in patients with chronic heart failure: effects of short term coenzyme Q10 treatment. Mol Aspects Med 1994; 15 Suppl:s155-63
6. Greenberg S and Frishman WH. Coenzyme Q10: A drug for cardiovascular disease. Clin Pharm 1990;596-608

No parts of this laboratory report are intended to take the place of a qualified health care professional's advice. Educational information, intended to aid interpretation or to review potential interventions, may be included.