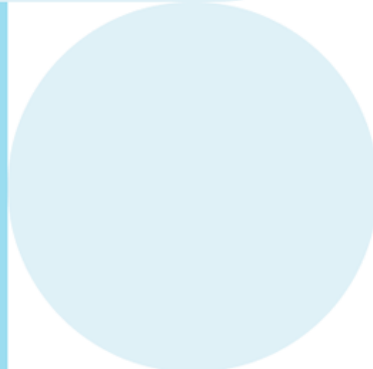
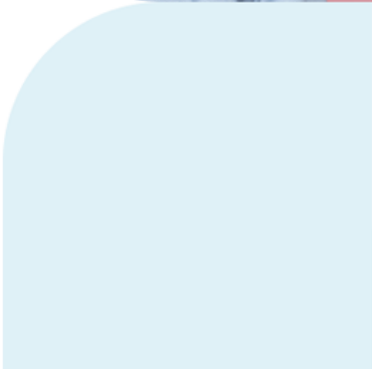
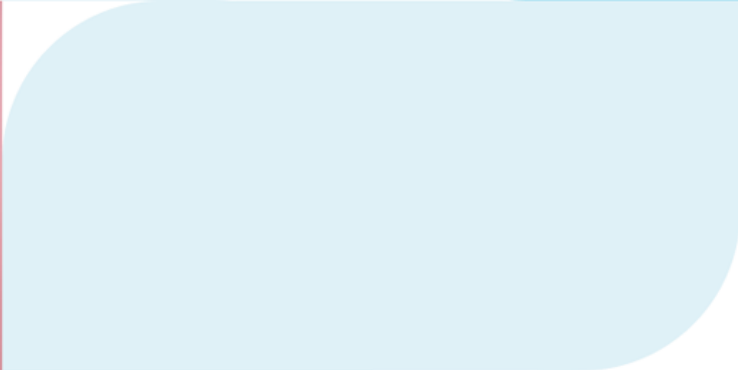




Test report



At-home test



Coenzym Q10 Test

Lab test

Blood

Name: **Sample Report** Date of test: **09/15/2023** Analysis-ID: **DUMMY-24**

Lab result

Coenzyme Q10

Our lab has analyzed the concentration of Coenzyme Q10 from your blood sample. You can see the results in the table below.

Substance	Your value	Reference value
Q10	● 579.00 µg/l	600-1000 µg/l

Comment: Your value is below the reference range. For more information, see 'Your Recommendations' below.

Your recommendations*

Your cholesterol is low (LDL 85) it should be above 100 up. The recommendation increasing your intake of foods rich in LDL like a peanut will increase it from the recommended level. For a list of foods high in LDL, please refer to LDL in Food on the next page.

Homocysteine is elevated (16.9) for the following reasons: 1) you eat the wrong foods and eat too little of the right foods, consider [100mg homocysteine](#) (one capsule 100 capsules with meals). 2) you are not taking B12 with food. Remember, B12 has to be absorbed through the wall of the stomach.

Need extra help?



Need help interpreting your results, understanding our recommendations, or getting health advice? You can benefit from our Personalized Health Coach for 15.99 per month (includes coaching).

For more free resources with the most recent, get problems, business, health, lifestyle, and more visit [Health Coach Hub](#).

Workup should include a full blood count, urinalysis, blood chemistry, including kidney, electrolyte, and liver, and a lipid panel. Consider a full panel of vitamins, including B12, and a homocysteine. Please consult your doctor for a full blood count, urinalysis, blood chemistry, including kidney, electrolyte, and liver, and a lipid panel. Consider a full panel of vitamins, including B12, and a homocysteine.

In-depth

About Q10

Q10, also known as ubiquinol, is a naturally occurring substance present in the body, primarily from both fat-soluble and water-soluble sources. This compound plays a significant role in cellular energy production, particularly within the mitochondria – the cell's "powerhouse". It is most abundant in organs that demand high energy, such as the heart and liver, but its levels decrease as we age. Research on Q10 suggests it may be beneficial for the nervous system, overall health, and various cardiovascular conditions, including high cholesterol. The evidence supporting the benefits of Q10 is most prominent in studies related to the heart and blood pressure.

Low levels of Q10 are linked to feelings of fatigue and general poor health. This might be particularly apparent for individuals with conditions such as heart failure, depression, or long-term heart disease. In addition, studies suggest that decreasing cholesterol levels may also result in lower Q10 levels. While some Q10 can be derived from dietary sources, most foods do not contain enough to meet the body's needs. Q10 production typically declines as we age, which is why supplementation is often recommended.

Q10 in food

Below you will find a table of foods and their amount of CoQ10:

Foods	mg/100 gr
Sardines	22,6
Mackerel	10,4
Pig heart	3,3
Heart (beef)	3,1
Chicken	2,1
Spinach	1,0
Broccoli	0,9
Butter	0,7
Rice	0,5

Interactions with drugs

Some individuals taking drugs with blood-thinning properties, such as warfarin, should be cautious with Q10 supplementation, which is necessary for the synthesis of both cholesterol and Q10. Therefore, it is always recommended to consult with a healthcare provider before starting any new supplement, especially when you are already taking medication. Some blood thinners may also affect Q10 absorption and use.

As Q10 is a fat-soluble compound, it is often recommended to take it with a meal containing some fat. However, if you are on a diet that is low in fat, you may need to take your dose of Q10 with a fatty meal. In this case, contact your doctor or pharmacist for further information regarding Q10.

