



June 23, 2016 – Grand Rapids, MI

## PQQ: The Research

PQQ was identified in the late 1970s, and since then there have been 796 studies of all types on PQQ (pyrroloquinoline quinone). The majority of those studies have been done in test tubes to determine exactly what PQQ is and what it does; those are necessary, but reveal little about its real impact on health. For that, you need clinical trials on human subjects.



There have been three studies done on humans (1,2,3); the total number of subjects has been less than 50. One study demonstrated that PQQ is absorbed when given as a supplement and had some effect on TBARS, an overused and irrelevant measure of antioxidant capacity (1). A second showed that there may have been some improvement using standard memory tests after taking PQQ in supplement form (2). A third had a very minor effect on inflammation and LDL-cholesterol (3).

Somehow, I don't see the shockwaves in the medical community over these findings. As for PQQ being the cardiac killer, there's no evidence that it will do anything that the infomercial claims it might do.

Does that make PQQ worthless? Is there any use for this "next generation antioxidant"? Do we need PQQ? I'll let you know on Saturday. Until then, eat a big salad and a big apple every day.

What are you prepared to do today?

***Dr. Chet***

### References:

1. J Nutr Sci vitaminol. 2015;61(3):233-40. doi: 10.3177/jnsv.61.233.
2. Adv Exp Med Biol. 2016;876:319-25. doi: 10.1007/978-1-4939-3023-4\_40.
3. <http://dx.doi.org/10.1016/j.jnutbio.2013.07.008>

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