



June 25, 2016 – Grand Rapids, MI

## PQQ: The Bottom Line

I've told you about PQQ this week because I've been asked about it so often. First I talked about the infomercial; the hype is tremendous if you spent the 30 minutes or so to watch it. There are actually a couple of different ads that essentially say the same thing. Then I showed you the research or rather lack of it. Why write anything more? Because there are things you should know about PQQ that I'm going to cover today.

PQQ is absolutely essential to normal mitochondrial function. It may have other functions, but when animals are put on a diet deficient in PQQ, they don't grow and have other metabolic problems. Here's the thing that has never been researched: there's no evidence that there's a PQQ deficiency in humans. None. Zippo. Nada. That should be the very first step in the process of showing that we need it, but no research demonstrates it.

The second thing that was sort of glossed over in the infomercial—but is absolutely true—is that PQQ is ubiquitous. It's in every vegetable and fruit we eat. It survives cooking. It survives the gut, unlike the infomercial implied. Do you get a sense of where this is heading?

There's one type of condition where PQQ supplementation could be useful; I say *could be* because there's no research on it. If someone has a mitochondrial abnormality, PQQ may help. Some genetic disorders and channelopathies may benefit from PQQ supplementation. However, while it makes sense when looking at what PQQ could do to help the mitochondria, there's no evidence that it would help. I would certainly try it if there were no other options for treatment because one thing seems apparent: based on animal trials, PQQ does not cause harm when taken in supplement form.



### The Bottom Line

PQQ is necessary for health and well-being. At this point, based on the lack of research, there's no evidence that taking it in a supplement form will help. So where are you going to get it? Eating your vegetables and fruit, of course. You see—you did know where this was heading!

We all would love it if we could take a pill that was somehow natural and solved all our health problems. Such a pill does not exist. But we can do our best one forkful of salad or broccoli or an apple at a time. The best source of PQQ is right in your supermarket.

What are you prepared to do today?

**Dr. Chet**

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