



November 17, 2016 – Grand Rapids, MI

## Do You Make Enough Coenzyme Q10?

There's one major difference between coQ10 and other vitamins, minerals, and nutrients such as omega-3s: we can produce coQ10 ourselves. The problem is that we may not produce all the coQ10 we need, especially as we get older.

CoQ10 is used in the production of energy from both carbohydrates and fat in the mitochondria of the cells. You remember mitochondria from science class; they're often called the powerhouse of the cells. And coQ10 is the substance that's used to produce that power. It's critical in the steps where oxygen is used to produce ATP, the actual energy currency the body uses. Suffice it to say that without coQ10, we could not live.



When most people think of coQ10, they think of the heart and that would be correct; there's a higher concentration of mitochondria in the heart than any other tissue, and thus there's more coQ10. The interesting thing is that when you exercise, you build more mitochondria in skeletal muscle to handle the increase in energy needs. We don't know whether mitochondria increase in other organs based on need, but we do know that some medications can impact the production of coQ10, leading to lower energy production.

During [Supplementing for Health—Live in Chicago](#) seminar, I'm going to talk about the conditions and diseases that may benefit from supplementing with coQ10 and many other nutrients. You're going to learn a lot for your health and the health of your family.

What are you prepared to do today?

***Dr. Chet***

---

### **WGUV** FM 88.5/95.3 **npr** ***Straight Talk on Health***

Hear Dr. Chet's take on the latest health news and research—listen to *Straight Talk on Health* Sunday at 7:30 a.m. and 6 p.m. in the Eastern Time Zone on WGUV-FM 88.5 or 95.3, or listen live via the Internet by going to [www.wgvu.org/wgvunews](http://www.wgvu.org/wgvunews) and clicking on "Listen Live" at the top.

---

The health information in this message is designed for educational purposes only. It's not a substitute for medical advice from your healthcare provider, and you should not use it to diagnose or treat a health problem or disease. It's designed to motivate you to work toward better health, and that includes seeing your healthcare professional regularly. If what you've read raises any questions or concerns about health problems or possible diseases, talk to your healthcare provider today.

**Subscribe to the Message from Dr. Chet at [DrChet.com](http://DrChet.com) — © Chet Zelasko PhD LLC**