Ubiquinone

Coenzyme Q10 100 mg strawberry chewable tablets · 30 tablets · Food supplement

INDICATION

Patients on statins with muscle aches, adults with raised blood pressure, and people with frequent migraine, alongside usual care. For fertility and heart failure, recommend Draxer Ubiquinol.

40%
less statin muscle pain in 30 days at 100 mg a day (2)

4.8 mmHg
lower systolic pressure across 26 trials (4)

3.3×
as many halved their migraine attacks as on placebo (5)

1 tablet
chewed once daily, after a meal

01 COMPOSITION AND DOSE

Coenzyme Q10 (ubiquinone)	**100 mg**

Per chewable tablet. Strawberry flavour, sugar free (sweetened with mannitol), gluten free. **Dose:** chew 1 tablet once daily after a meal; 30 tablets last 30 days. **Label use:** antioxidant support; heart health; fertility in men and women.

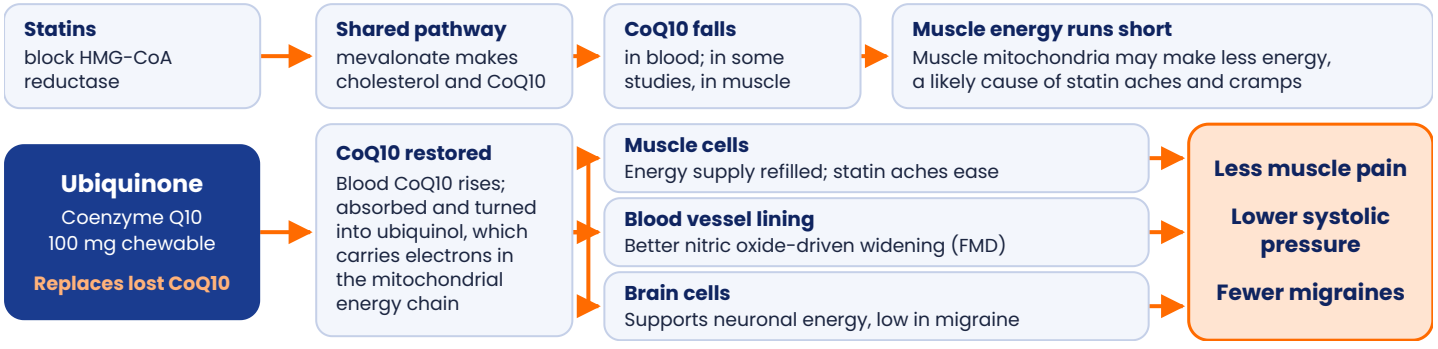
Ubiquinone or Ubiquinol? Ubiquinone is the classic form used in most trials, and 100 mg a day matches the statin and blood pressure doses studied, in a tablet anyone can chew. For fertility and heart failure, where trials used 200 to 300 mg a day, Draxer Ubiquinol (200 mg with selenium) is the first choice (9).

HOW IT WORKS

Coenzyme Q10 carries electrons in the mitochondria, where cells make energy (12). Tissue levels peak at about 20 years, then fall (13).

Statins block HMG-CoA reductase, which makes mevalonate, the start of both cholesterol and coenzyme Q10. Blood coenzyme Q10 falls, and in some studies muscle levels too, a likely cause of statin aches (3, 12).

Supplements raise blood coenzyme Q10 (4), are converted to ubiquinol as they are absorbed (15), improve the function of the blood vessel lining (14) and support brain-cell energy, which runs low in migraine (5, 8).



02 EVIDENCE, WITH REFERENCES

Study	Design and people	Intervention	Main result
Qu 2018 (1)	Meta-analysis, 12 RCTs, 575 statin users	Coenzyme Q10 100 to 600 mg/day vs placebo	Muscle pain, weakness, cramps and tiredness all reduced
Caso 2007 (2)	Double-blind RCT, 32 statin users with muscle symptoms	100 mg/day (this dose) vs vitamin E, 30 days	Pain severity down 40%; pain interfering with daily life down 38%; no change on vitamin E
Qu 2018 (3)	Meta-analysis, 12 RCTs, 1,776 people	Statin vs placebo	Statins lowered blood coenzyme Q10 (SMD -2.12), whatever the statin type, intensity or duration
Zhao 2022 (4)	Meta-analysis, 26 RCTs, 1,831 people with cardiometabolic disorders	Coenzyme Q10 vs control	Systolic pressure down 4.8 mmHg; largest fall at 100 to 200 mg/day and beyond 12 weeks
Sándor 2005 (5)	Double-blind RCT, 42 people with migraine	100 mg three times daily, 3 months	Attacks halved in 47.6% vs 14.4% on placebo; 3 treated for 1 to benefit
Shoeibi 2017 (6)	Open-label controlled trial, 73 adults with migraine	100 mg/day added to usual preventive, 3 months	Attacks 1.0 vs 3.1 a month; attacks lasted 4.8 vs 16.4 hours
Sazali 2021 (7)	Meta-analysis, 6 RCTs, 371 people with migraine	Coenzyme Q10 vs placebo	1.5 fewer attacks a month; shorter attacks
Hershey 2007 (8)	Cohort, 1,550 young people with migraine	Blood coenzyme Q10 measured; 1 to 3 mg/kg/day if low	One in three had low coenzyme Q10; headache frequency fell from 19.2 to 12.5 a month
Mortensen 2014 (9)	Q-SYMBIO double-blind RCT, 420 people with heart failure	100 mg three times daily, 2 years	Major cardiac events 15% vs 26%; deaths 10% vs 18% (for heart failure, use Draxer Ubiquinol)

Guideline: the American Academy of Neurology and American Headache Society rate coenzyme Q10 as possibly effective (Level C) for preventing episodic migraine (10). **Evidence base:** most trials were small and statin results vary between analyses (11); migraine trials mostly used 300 mg a day.

For health professionals. This product is a food supplement and is not intended to diagnose, treat, cure or prevent any disease.

WHO BENEFITS MOST

Statin users with muscle aches
Aches, cramps, weakness or tiredness on a statin, with CK normal.

Expect: less muscle pain within about a month

Raised blood pressure
High-normal or treated hypertension, especially with diabetes or raised cholesterol.

Expect: systolic about 5 mmHg lower after 12 weeks

Frequent migraine
Several attacks a month, alone or with a prescribed preventive.

Expect: fewer, shorter attacks by 3 months

Adults over 40
Body coenzyme Q10 falls with age; an easy chewable for those who dislike capsules.

Start: 1 tablet daily after a meal

HOW TO USE IT IN PRACTICE

- **Starting:** chew 1 tablet once daily after a meal; coenzyme Q10 is fat-soluble and absorbs best with food. Take it in the morning if sleep is disturbed.
- **Monitoring:** statin users: a simple muscle symptom score. Blood pressure: home or clinic readings. Migraine: a headache diary of attacks, length and pain.
- **Review:** muscle symptoms at 1 to 3 months; blood pressure at 12 weeks; migraine at 3 months. No change: review the plan with the prescriber.
- **With prescribed treatment:** keep the statin; can be used with blood pressure medicines and migraine preventives (6).
- **With Draxer products:** Magnesium Glycinate with Zinc for migraine, as magnesium is also a guideline-listed preventive (10). For fertility or heart failure, switch to Draxer Ubiquinol rather than taking the two together.
- **Supporting nutrients:** magnesium contributes to normal muscle function and to normal energy-yielding metabolism (20).

SIDE EFFECTS AND SPECIAL GROUPS

Common	None expected at 100 mg a day.
Uncommon	Mild stomach upset, nausea or diarrhoea; insomnia has been reported (16). Rarely, skin allergy (5). Take after a meal, in the morning.
Mannitol	Excessive intake may have a laxative effect; not a concern at 1 tablet a day.
Overdose	None reported. Intakes up to 1,200 mg a day, twelve times this dose, have been used safely (17).
Under 18	Not recommended for this product; migraine use in young people only under a specialist (8).
Kidney, liver	Not studied; use on the prescriber's advice.

03 INTERACTIONS AND CAUTIONS

- **Warfarin:** changes in INR have been reported; a controlled trial at 100 mg a day found none (16, 18). Check INR when starting or stopping.
- **Blood pressure medicines:** a small added fall in pressure is possible (4).
- **Insulin and glucose-lowering medicines:** monitor glucose at first (16).
- **Chemotherapy or radiotherapy:** only with the oncology team's agreement (16).

04 PREGNANCY AND BREASTFEEDING

Pregnancy: not established in early pregnancy. From 20 weeks to delivery, 200 mg a day in 235 women reduced pre-eclampsia (14.4% vs 25.6%) with no safety concerns reported (19).

Breastfeeding: no data; use on the prescriber's advice. The label precaution is the standard one.

05 WHEN NOT TO RECOMMEND

- Children and adolescents under 18 years
- With another coenzyme Q10 product, including Draxer Ubiquinol
- Muscle pain with dark urine or marked weakness on a statin: refer urgently
- Breathlessness, chest pain or ankle swelling without a diagnosis, or a new or changed headache pattern: refer
- In place of a prescribed statin, blood pressure medicine or migraine preventive

PATIENT COUNSELLING CHECKLIST

- ☐ Chew 1 tablet a day, after a meal
- ☐ Take it in the morning if sleep is poor
- ☐ Keep taking your statin as prescribed
- ☐ Tell your doctor about any muscle pain
- ☐ Give it 1 to 3 months to work
- ☐ Keep a headache or blood pressure diary
- ☐ On warfarin? Have your INR checked
- ☐ Do not take with Draxer Ubiquinol

Product details. 30 strawberry chewable tablets (30 days); sugar free and gluten free, so suitable in diabetes. Store below 30°C in a dry place, away from direct light. Shelf life 24 months from manufacture; see pack for expiry. Food supplement made for Draxer Therapeutics by a partner manufacturer. Keep out of reach of children.

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