

## UTAH MEN'S HEALTH | Ahead of the Curve Coenzyme Q10 Patient Handout

### Coenzyme Q10

Coenzyme Q10 is a molecule produced in the body and frequently consumed both in food and as a nutritional supplement. This antioxidant has been shown to be beneficial for a variety of health conditions. In men with abnormal sperm parameters, it has been shown to improve both sperm integrity and sperm motility.<sup>1,2</sup> Thus, Coenzyme Q10 is a helpful therapy for men with asthenozoospermia, poor sperm motility, and/or poor sperm concentration.<sup>3</sup> Coenzyme Q10 may also be beneficial in men with pyospermia, or an elevated number of white blood cells in the semen.<sup>3</sup> You may have been prescribed Coenzyme Q10 for one or several reasons. It is important that you follow up with semen analyses and office visits to evaluate the effectiveness of this medication.

Though Coenzyme Q10 is made within the body and taken as a nutritional supplement, there may be side effects from taking Coenzyme Q10 at increased doses.

Possible side effects include, but are not limited to:

- Itching or rash
- Nausea, vomiting
- Headache
- Low blood pressure
- Altered heart rate
- Insomnia
- Cough
- Decreased appetite

Please contact **(801) 587-1454** if you feel you are developing significant side effects or with any further questions. You may also reach your provider through the MyChart communication system.

1. Mancini A, Balercia G. Coenzyme Q(10) in male infertility: physiopathology and therapy. *Biofactors*. 2011 Sep-Oct;37(5):374-80.
2. Balercia et al. Coenzyme Q10 treatment in infertile men with idiopathic asthenospermia: A placebo-controlled, double-blind randomized trial. *Fertility and Sterility*. 2009 May;91(5):1785-92.
3. Safarinejad. Efficacy of coenzyme Q10 on semen parameters, sperm function, and reproductive hormones in infertile men. *Journal of Urology*. 2009 Jul;182(1):237-48.