

## drugs that deplete coq10

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Statins, Dymelor, Micronase and Tolinase deplete coq10  
Glucophage depletes coq10 and B12  
Adapin, Aventyl, Elavil, Tofranil, Pamelor, Sinequan and Norpramin  
Elavil and some pain killers prescribed for peripheal neuropathy

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02/02/05

Ken Baker Column

Are the risks of nutrient depletion by statins excessive?

Maintenance of healthy heart, nerve, brain, liver, and skeletal muscles requires CoQ10. Deficiencies have reportedly given rise to congestive heard failure, weakening of the heart muscles, attention problems, delayed reflexes, cognitive decline and memory impairment. There is no serious debate, CoQ10 is absolutely essential to the conversion inside each cell of nutrients and oxygen to energy. Don't leave home without it.

Last week we reviewed how Walter, a reader of this column, avoided the statin drug, Lipitor, by letting food be his medicine. That, coupled with vigorous exercise, kept him drug free and enabled him to avoid the risks of CoQ10 depletion.

The average healthy body has stored approximately 2,000 mg of CoQ10. Each adult uses about 500 mg a day. The average diet provides 5 mg daily. Where does the rest come from? We make it ourselves.

Our body synthesizes CoQ10. If there is not enough, supplements can bring up the slack. Internal synthesis of CoQ10 takes place in the liver, peaking at about age 21— and by 30, the rate begins to decline. The process is similar to how the liver manufactures cholesterol. When a statin reduces cholesterol production, it also restricts production of CoQ10.

Most of the 67 million people that orthodox medicine estimates are in need of lifelong statin therapy are over age 50. Many were at risk for CoQ10 deficiency even before they started on the drug. The statins increase the prospect of harm. Last summer, the "Archives of Neurology" published a study from Columbia University College of Physicians & Surgeons reporting patients on Lipitor for 30 days had a 50 percent fall in CoQ10 blood plasma levels.

The drug company studies claim the risk is low, between .5 and 2.3 percent, depending on dose. That is somewhere between 335,000 and 1,540,000 people experiencing adverse events. Given that the drug companies only select healthy people for their drug studies, it is highly unlikely any of them were taking other drugs known to deplete CoQ10. The risk of serious adverse effects is almost certainly grossly understated.

When assessing the risks of statins, the cumulative effect of all drugs prescribed for the patient must be the focus of attention. It rarely is.

Heart disease is an especially serious problem for patients with Type II dia