

## Re: drugs that deplete coq10

**Source:** <http://sci.tech-archive.net/Archive/sci.med.cardiology/2005-02/0085.html>

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**From:** Zee (zwalanga\_at\_yahoo.com)

**Date:** 02/02/05

Date: 2 Feb 2005 14:48:20 -0800

Helpful information on quantity and quality and approved brands of coq10. More on subscription.

<http://www.consumerlabs.com/results/CoQ10.asp>

Zee

Zee wrote:

- > *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
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- > *Ken Baker Column*
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- > *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*

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- > *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*