

Re: drugs that deplete coq10

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Has anyone seen a rating for NOW brand CoQ10?

They make a 400mg capsule that is much more convenient when the therapeutic dosage is 800–1200 mg/day.

"Zee" <zwalanga@yahoo.com> wrote in message
news:1107384500.575471.85390@c13g2000cwb.googlegroups.com...

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

>

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

>

> *Zee*

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> *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*

>>

>> *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 diabetes. Common drugs for diabetics that deplete CoQ10 include*
>> *Dymelor, Micronase and Tolinase. Another commonly prescribed diabetic*
>> *drug, Glucophage, depletes not only CoQ10, but also vitamin B12, a*
>> *second risk factor for heart disease.*
>>
>> *The cumulative effect of these diabetic drugs recently became a*
> *matter*
>> *for more concern. Last summer, in the "Annals of Internal Medicine,"*
> *a*
>> *prestigious journal with approximately 115,000 subscribers, it was*
>> *recommended that virtually all diabetics over 45 be prescribed a*
>> *lifetime regimen of statin drugs. Should we be surprised if*
> *diabetics'*
>> *rates of heart disease grow ever greater?*
>>
>> *People who are depressed may also be prescribed statins. Several*
> *drugs*
>> *commonly prescribed for depression deplete CoQ10: Adapin, Aventyl,*
>> *Elavil, Tofranil, Pamelor, Sinequan and Norpramin. Another reader,*
>> *suffering from neuropathy, was prescribed Elavil and two other pain*
>> *killers that deplete B12. Her doctor mentioned neither CoQ10 nor B12.*
>> *Yet these nutritional deficiencies are risk factors for the very*
>> *disease he was treating.*
>>
>> *Patients that are claimed to be at high risk because of elevated*
>> *cholesterol may also be taking other drugs targeting cardiovascular*
>> *disease. The following heart disease drugs may provide benefits, but*
>> *they may also have adverse effects on heart health. When combined*
> *with*
>> *statins, the total CoQ10 depletion could shift the balance from a net*
>> *benefit to an unacceptable risk. Those drugs include: Corgard,*
> *Inderal,*
>> *Lopressor, Betapac, Tenormin, Sectral, Biocardren, Aldomet, Catapres*
>> *and Apresoline.*
>>
>> *Orthodox medicine seems to have turned a blind eye to risks brought*
> *on*
>> *by nutrient depletion. Drug companies do not test for or report on*
> *its*
>> *consequences. The National Institutes of Health appears to be doing*
>> *little. The FDA is oblivious. It has been petitioned twice to require*
> *a*
>> *CoQ10 depletion warning for statins. So far, nothing.*
>>
>> *Of the near-dozen statin takers who wrote in response to last week's*
>> *column, only one reported being advised to supplement with CoQ10.*
> *More*
>> *broadly, last summer's Clinical Practice Guidelines for diabetics*
> *from*
>> *the American College of Physicians make no mention of CoQ10*
>> *supplements.*

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>> *What to do? When prescribed a drug, always ask your doctor if it*
>> *depletes any nutrients and, if so, what are the long term*
> *consequences.*
>> *Certainly, if prescribed a statin, ask, "Is CoQ10 right for me?"*
>>
>> *If you draw a blank with the doctor, try your pharmacist.*
>>
>> *Author and lawyer, Ken Baker is currently writing a book on*
>> *20th-century psychiatry.*
>>
>> http://www.rxpnews.com/printer_297.shtml
>>
>> *E-mail Ken Baker at kenbaker@andso.com.*
>> *By KEN BAKER*
>>
>> *New Perspectives Columnist*
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