



Welcome to WISE PHARMACY Online

Joe D. Wise, Jr., Registered Pharmacist

September 1, 2011

Are you getting enough "vitamin Q"?

CoQ10 is vital for strong hearts and healthy aging. Coenzyme Q10 (CoQ10) or ubiquinone is a vitamin-like substance manufactured in the body that's sometimes referred to as "vitamin Q" for its many important contributions. It's a necessary component of the energy-producing machinery (mitochondria) of the body's cells. It also helps maintain cellular health and protect against harmful substances (free radicals) produced in the body that can "speed up" the aging process by contributing to age-related illnesses and declining function. CoQ10 has also been extensively studied for heart and circulatory benefits.

CoQ10 levels decline with age and can be further depleted by medications. Your body makes most of the CoQ10 it needs, but production gradually slows after age 20. Food sources are limited and provide only small amounts the body can't absorb easily. And certain medications including diuretics and statins (for lowering cholesterol) also reduce CoQ10. So can too much strenuous exercise. (Depleted CoQ10 makes exercise fatigue more noticeable and slows down muscle/injury recovery.)

CoQ10 with greater "bioavailability" offers greater success. Like dietary sources of CoQ10, supplements may be difficult to absorb. A supplement designed for "bioavailability" advantages means greater absorption potential. So you can take less and get more expected benefits. Recent advancements in supplements include making CoQ10 particles smaller for easier uptake by cells. Other formula advances compensate for CoQ10's attraction to fat by making it more water-soluble. CoQ10 is also sensitive to heat, light, and air. So careful manufacturing and handling are crucial to maintain stability.

Schedule a visit to discuss how CoQ10 can help you meet your goals for healthy aging and vitality.



WHAT TO SEE WHILE YOU'RE ON THE WEBSITE

[Profile](#)

[Wellness Center](#)

[Register with us](#)

CONTACTING US

[Directions to the office](#)

[Email Us](#)

[Contact Us](#)

OUR OFFICE HOURS

Day	From	To
Mon	09:00	06:00
Tue	09:00	06:00
Wed	09:00	06:00
Thu	09:00	06:00
Fri	09:00	06:00
Sat	CLOSED	CLOSED
Sun	CLOSED	CLOSED