

## Coenzyme Q10 Reduces Statin-Related Myopathic Symptoms

*Caso G, Kelly P, McNurlan MA, et al. Effect of coenzyme Q10 on myopathic symptoms in patients treated with statins. Am J Cardiol 2007;99:1409–1412.*

Thirty-two (32) patients with statin-induced muscle myopathy and pain were treated with either 100 mg of CoQ10 or 400 IU of vitamin E daily for 30 days. CoQ10 reduced the severity of the subjects' pain by 40%, and also reduced the disruptive impact of pain on their daily activities by 38%. Vitamin E had no effect.