

A Brief Update on Ubiquinone (Coenzyme Q10)

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Abstract

Ubiquinone is one of the two most important essential nutrients (the other being ascorbic acid). These two molecules, along with other essential nutrients, have been rejected as unpatentable and unprofitable by certain "authorities" and interests, according to expose's by Pauling and others.[1,2] This has been one of the most lethal errors of modern medicine because no cell, organ, function, remedy, etc, can avoid failure unless essential nutrients, especially these two, are optimal. Supplementation of both is mandatory: for ascorbate, lifelong (since humans can't synthesize it); for ubiquinone, increasingly with age. In this update, to facilitate study of ubiquinone, we seek to assemble in one place vital information that is not widely known.