

Coenzyme Q 10 and effort capacity

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Abstract

CoQ₁₀ it is a vitamin like compound that participates in mytochondrial electron transport chain and its reduced form has an antioxidant effect. CoQ₁₀ has an influence on effort capacity trough its energetic function, antioxidant role and influence in cardiovascular adaptation. Most of the research on animals and human subjects prove the benefits of CoQ₁₀ on aerobe effort capacity and underlined the importance of supplementation. The coenzyme Q₁₀ deficiency, lately described in the literature, is an autosomal recessive disorder with phenotypic manifestations and genetic background - mitochondrial myopathy - characterized by exercise intolerance, a condition in which the supplementation of CoQ₁₀ has positive effects.

Keywords: Coenzyme Q₁₀ or ubiquinone, effort capacity, exercise intolerance.