

# The effect of Coenzyme Q<sub>10</sub> administration on effort capacity of athletes (Note I)

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## Abstract

*Background.* CoQ<sub>10</sub> is a vitamin-like compound with a role in the mitochondrial transport chain and also is an antioxidant.

*Aims.* We followed the influence of CoQ<sub>10</sub> supplement on the aerobic and anaerobic exercise capacity in athletes.

*Methods.* The research compared two groups of soccer players (n=10) 19 to 20 years old. Group I was the control group and athletes from group II were supplemented with 30 mg of CoQ<sub>10</sub> daily. The indicators for the research were the aerobic capacity and anaerobic exercise capacities.

*Results.* The maximum O<sub>2</sub> intake increased in both groups; CoQ<sub>10</sub> supplement has no significant effects over the maximal consumption of O<sub>2</sub>. The maximum aerobic power increased in both groups, and was significantly higher after supplementation. The maximum anaerobic power increased in both groups but the supplementation did not have significant effects.

*Conclusions.* CoQ<sub>10</sub> supplementation increases maximum aerobic power in young trained soccer players.

**Key words:** CoQ<sub>10</sub> supplementation, exercise capacity, athletes.