

UBIQUINONE/UBIDECARENONE (Co-Enzyme Q10)

Trade Name	Co-enzyme Q10 (GO Healthy)
Class	Fat-soluble coenzyme
Mechanism of Action	Antioxidant. An essential cofactor in the mitochondrial electron transport chain responsible for ATP production.
Indications	Inborn errors of CoQ ₁₀ synthesis and mitochondrial disorders
Contraindications	Hypersensitivity to CoQ ₁₀
Supplied As	160 mg capsules
Dilution	Open ONE 160 mg capsule and disperse the contents in 4 mL of water to give a 40 mg/mL solution.
Dosage	10 – 30 mg/kg /day (as per Metabolic Consultant advice) Recommended maximum 200 mg/day.
Interval	Once a day Recommend split daily dosing for doses greater than 100 mg to reduce side effects
Administration	Oral/NGT Give with a feed
Compatible With	Do not mix in the same oral syringe as other medications
Incompatible With	Do not mix in the same oral syringe as other medications
Interactions	Co-enzyme Q ₁₀ is structurally similar to Vitamin K. May reduce the effects of some anticoagulants.
Monitoring	Routine biochemistry and liver function tests
Stability	Oral capsules - as per manufacturers expiry Prepared solution – each dose should be freshly prepared. Discard any remaining solution immediately after use.
Storage	Store capsules at room temperature (below 30°C).
Adverse Reactions	Generally, well tolerated. Diarrhoea, nausea, vomiting, dyspepsia, insomnia, headache, sensitivity to light, hypersensitivity rash, deranged LFTs
Metabolism	Half-life = 34 hours Metabolism: by all tissues via phosphorylation in cells. Elimination: primarily through bile. Small fraction renally excreted.
Comments	Go Healthy capsules are made from vegetable cellulose. Do not contain animal products. Gluten, wheat, dairy free.

References	<ol style="list-style-type: none">1. BIMDG_Metabolic_Formulary_Second_Edition_October2020FINAL_582433_25102020.pdf2. NatMed Pro - Professional Monograph (therapeuticresearch.com)3. Alternative Medicine Result Page - In-Depth Answers - Cautions - Contraindications (micromedexsolutions.com)4. BNF for Children 2016 -17
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