



# Agricultural Journals

*Czech Journal of*

**FOOD SCIENCE**

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# **Czech J. Food Sci.**

**Boreková M., Hojerová J., Koprda V.,**

**Bauerova K..**

# **Nourishing and health benefits of coenzyme Q<sub>10</sub>**

Czech J. Food Sci., 26 (2008): 229-241

Coenzyme Q<sub>10</sub> is an important mitochondrial redox component and endogenously produced lipid-soluble antioxidant of the human organism. It plays a crucial role in the generation of cellular energy, enhances the immune system, and acts as a free radical scavenger. Ageing, poor eating habits, stress, and infection – they all affect the organism's ability to provide adequate amounts of CoQ<sub>10</sub>. After the age of about 35, the organism begins to lose the ability to synthesise CoQ<sub>10</sub> from food and its deficiency develops. Many researches suggest that using CoQ<sub>10</sub> supplements alone or in combination with other nutritional supplements may help maintain health of elderly people or treat some of the health problems or diseases

Due to these functions, CoQ<sub>10</sub> finds its application in different commercial branches such as food, cosmetic, or pharmaceutical industries. This review article gives a survey of the history, chemical and physical properties, biochemistry and antioxidant activity of CoQ<sub>10</sub> in the human organism. It discusses levels of CoQ<sub>10</sub> in the organisms of healthy people, stressed people, and patients with various diseases. This paper shows the distribution and contents of two