

# Nutrition Depletion For Statins



## Potential Health Problems:

- Taking statins lowers coenzymes Q10 which may cause muscle pain. Taking coenzyme Q10 may reduce statin-associated muscle pain. <sup>1,2</sup>

## Depleted Nutrients:

- ✓ Coenzyme Q10

## Recommendations:

- Take a Coenzyme Q10 supplement. Coenzyme Q10 is known to support muscle function. Taking 100-300mg of a coenzyme Q10 supplement may help reduce muscle pain associated with statin use. <sup>2,3</sup>
- Please take into consideration that if you are also on Warfarin it will interact with Coenzyme Q10 and is not recommended. <sup>4</sup>

**10% OFF ANY STRENGTH  
OF HEALTH MART  
COENZYME Q10**

National Institute of Health. Office of Dietary Supplements. <https://ods.od.nih.gov/>

<sup>1</sup>Deichmann R, Lavie C, Andrews S. Coenzyme Q10 and Statin-Induced Mitochondrial Dysfunction. *Ochsner J.* 2010 Spring; 10 (1): 16-21.

<sup>2</sup>Case G, Kelly P, McNurlan MA, et al. Effect of Coenzyme Q10 on Myopathic Symptoms in Patients Treated With Statins. *Am J Cardiol* 2007;99:1409-1412.

<sup>3</sup>Jason T. Tan and Arden R. Barry. "Coenzyme Q10 supplementation in the management of statin-associated myalgia." *American Journal of Health-System Pharmacy* June 2017, 74 (11) 786-793

<sup>4</sup>Coumadin prescribing information. Bristol-Myers Squibb. Retrieved June 7, 2018, from [https://packageinserts.bms.com/pi/pi\\_coumadin.pdf](https://packageinserts.bms.com/pi/pi_coumadin.pdf)