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Coenzyme Q10 for Post-Exercise Fatigue



Coenzyme Q10, or CoQ10, supplements may boost physical performance and reduce feelings of fatigue associated with exercise, a new study reports.

Exercise is any form of physical activity that helps to promote overall health. Most movement of the body is considered beneficial, as long as it is done in moderation and at the skill level of the person. There are many ways for people to exercise including, gardening, walking, sports activities and dancing.

Patients beginning an exercise program should choose activities that fit their levels of strength and endurance. Exercise that causes extreme pain or discomfort is considered by many experts as unhealthy, and may even cause permanent damage to the body.

Exercising on a regular basis may decrease the risk of developing many illnesses, such as heart disease.

Researchers from Japan examined the effects of CoQ10 administration on physical fatigue.

In the study, 17 healthy volunteers were randomized to oral CoQ10 (100 or 300 milligrams/day) or placebo administration for eight days. As a fatigue-inducing physical task, subjects performed workload trials on a bicycle ergometer at fixed workloads twice for two hours and then rested for four hours. During the physical tasks, subjects performed non-workload trials with maximum velocity for 10 seconds at 30 minutes (30-minute trial) after the start of physical tasks and 30 minutes before the end of the tasks (210-minute trial).

The study found that the change in maximum velocity from the 30- to the 210-minute trial in the 300-milligram CoQ10-administered group was higher than that in the placebo group. In addition, subjective fatigue sensation measured on a visual analog scale in the 300-milligram CoQ10-administered group after the fatigue-inducing physical task and recovery period was alleviated when compared with that in the placebo group.

The study authors concluded that oral administration of CoQ10 improved subjective fatigue sensation and physical performance during fatigue-inducing workload trials and might prevent unfavorable conditions as a result of physical fatigue.

REFERENCES

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