

Coenzyme Q10 (CoQ10)

Also called CoQ10 | Other Dietary Supplements

What Is It?

CoQ10 is a substance your body makes naturally. Your cells use it to help turn food into energy. It also helps protect cells from certain types of damage. It is sold as a supplement, often promoted for heart health, muscle discomfort and migraine prevention. [1,4]

Why People Take It - And How Strong the Research Is

Muscle pain while taking statins | BENEFIT NOT CLEAR. Statins are medicines that lower cholesterol. Studies have disagreed about whether CoQ10 helps with muscle pain. NIH says the overall evidence does not support this use. Tell your prescriber about muscle symptoms rather than stopping your statin on your own. [1]

Heart failure | POSSIBLE BENEFIT; UNCERTAINTY REMAINS. Heart failure means the heart does not pump as well as it should. A 2021 Cochrane review found that CoQ10 probably reduces deaths from any cause and hospital stays for heart failure, but evidence for several other outcomes was uncertain. Any use should be discussed with your heart specialist and added to, rather than replace, prescribed care. [3]

Migraine prevention | LIMITED, PROMISING EVIDENCE. Small studies suggest it may reduce how often migraines happen and how long they last. It has not clearly reduced pain severity, and more research is needed. It is not a quick treatment for an attack already happening. [2]

What these labels mean: They summarize the research for each use. They do not predict whether it will help you personally or whether it is safe for you.

Side Effects And Important Safety Concerns

CoQ10 may cause stomach upset or trouble sleeping. It can make warfarin, a blood thinner, work less well. Ask your warfarin prescriber before starting or stopping it; blood tests may need closer monitoring. [1,4]

It may also interact with insulin, blood pressure medicines and some cancer treatments. Ask your care team to check your medicines. Safety during pregnancy and breastfeeding is not established. Do not change prescribed medicines on your own. [1,4]

Questions To Ask Your Doctor Or Pharmacist

What benefit should I expect? Which form and dose should I use? How long should I try it? What should I track? Will I need extra blood sugar, blood pressure or warfarin monitoring?

Where To Find Additional Information

1. [NIH / NCCIH - Coenzyme Q10](#)
2. [NIH / NCCIH - Headaches: What You Need To Know](#)
3. [Cochrane - Coenzyme Q10 for heart failure \(2021 review\)](#)
4. [Mayo Clinic - Coenzyme Q10](#)

Sources checked October 17, 2026. This guide is for learning, not for diagnosing or treating an illness. Talk with your healthcare provider before changing prescribed treatment.