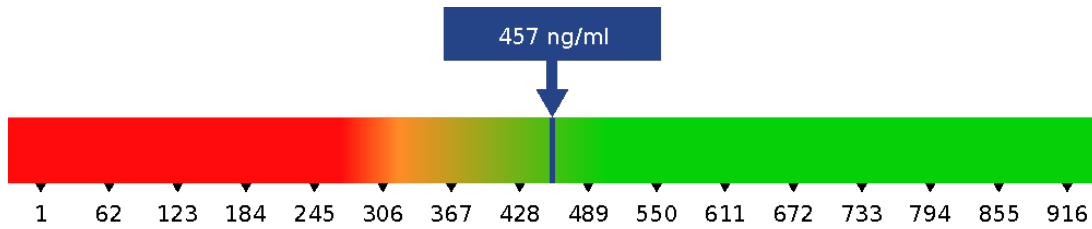


Coenzyme Q10 REPORT

Name: Fatty Acid
DOB: 2000-01-01
Account: Customer

Sample ID: TEST0051
Result date: 2024-10-01

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Reference and desirable range: 322 - 1588 ng/mL, Reference range is representative of a normal patient population.

Congratulations on taking a proactive approach to your health! This report provides insights into your CoQ10 levels, an important factor in maintaining overall well-being. Coenzyme Q10 (CoQ10) is a vital nutrient that plays a key role in energy production within your cells. It acts as an antioxidant, protecting cells from damage and supporting various functions in your body.

CoQ10 levels can be influenced by age, diet, and certain health conditions. Generally, higher levels of CoQ10 are associated with better cellular energy production and antioxidant protection. Optimal levels can vary, but ensuring your body has adequate CoQ10 is important for maintaining energy, supporting heart health, and promoting overall vitality.

Your current CoQ10 level is 457.0 ng/ml, which is in the optimal range. To support healthy CoQ10 levels, consider incorporating foods rich in CoQ10 into your diet. These include fatty fish like salmon and tuna, organ meats such as liver and kidney, and whole grains. For those who may not get enough CoQ10 through diet alone, supplements can be a helpful addition. CoQ10 supplements are available in various forms, including ubiquinone and ubiquinol, with ubiquinol being the more easily absorbed form.

Maintaining healthy CoQ10 levels is particularly beneficial for energy production and cardiovascular health. CoQ10 is crucial for the function of the mitochondria, the energy-producing structures within cells. By supporting mitochondrial function, CoQ10 helps ensure that your body has the energy it needs for daily activities and overall wellness. Additionally, CoQ10's role as an antioxidant helps protect cells from oxidative stress, which is important for heart health and preventing cellular damage.

To enhance your CoQ10 levels, you might also consider lifestyle factors such as regular physical activity and managing stress. Exercise has been shown to support mitochondrial function and overall energy levels, while stress management techniques like mindfulness and relaxation can help maintain a healthy balance in your body.

Your provider can offer personalised recommendations based on your specific health needs and ensure that any changes are safe and effective for you. If you choose to increase your CoQ10 intake, monitoring your levels over time can help track your progress and adjust your regimen as needed.

Regularly checking your CoQ10 levels is a proactive step towards maintaining optimal health. By understanding your CoQ10 status and taking steps to support healthy levels, you can contribute to better energy production, cardiovascular health, and overall well-being. Taking charge of your health with informed decisions about diet, supplementation, and lifestyle choices is a positive way to support your body's needs and promote long-term vitality.

Consult with your healthcare provider before making any dietary or supplement changes.