CoEnzymeQ10: has been shown in multiple studies to improve symptoms of congestive heart failure [1] [2]. In most studies CoQ10 improved ejection fraction [3] [4] [5], pulmonary edema [6], and more CHF symptoms [7] [8]. It also improves survival rates when added to conventional CHF medications [9] [10]. A meta-analysis reported this year in the American Journal of Clinical Nutrition [11] showed CoQ10 to be only mildly beneficial to reversing CHF at lower doses. The recommend daily dose is 75mg twice daily in intestinal release capsules for improved bioavailability.


