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Coenzyme Q₁₀ (ubiquinone) supplementation was recently shown to improve the health and energy characteristics of sperm in men with unexplained infertility.

COENZYME Q₁₀ SUPPLEMENTATION AND POTENTIAL BENEFITS IN MALE FERTILITY

Previous research has shown that Coenzyme Q₁₀ is present in measurable levels in human seminal fluid, where it most likely exerts important metabolic and antioxidant functions.

In a paper published in a recent edition of *Fertility and Sterility*, researchers evaluated the effectiveness of CoQ₁₀ treatment in improving semen quality in men with idiopathic infertility. Idiopathic infertility is defined as infertility without a defined or known cause.

The placebo-controlled, double-blind randomized trial included 60 male infertility patients aged 27-39 years. The participants took either 200 mg/day of CoQ₁₀ (ubiquinone) or a placebo for six months, with three months of follow-up.

Coenzyme Q₁₀ and ubiquinol increased significantly in both seminal plasma and sperm cells after treatment, as well as increasing sperm motility. Patients with lower baseline values of sperm motility and CoQ₁₀ levels had a greater likelihood of responding positively to the treatment.

Coenzyme Q₁₀ supplementation increases the level of ubiquinone and ubiquinol in semen and is effective in improving sperm motility in patients affected by unexplained infertility.

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