

A recent study has found that individuals with coronary artery disease have significantly lower plasma CoQ10 and Vitamin B6 levels when compared to healthy subjects.

Low Levels of Vitamin B6 and Coenzyme Q10 May Be Related To an Increased Risk of Coronary Artery Disease

The leading cause of death worldwide is coronary artery disease (CAD). In a new study published in the journal *Nutrition Research*, scientists investigated the potential relationship between plasma levels of Vitamin B6 and CoEnzyme Q10 and the risk of CAD.

Participants included a control group of 89 healthy individuals with normal blood biochemistry, and 45 individuals with at least 50% stenosis (narrowing) of one major coronary artery (CAD). Measurements of plasma CoQ10, Vitamin B6 and lipid profiles for each participant were analyzed. The subjects with CAD had significantly lower plasma levels of Vitamin B6 and CoQ10 compared to the control group. There was a positive correlation between Vitamin B6 status and plasma levels of CoQ10 and the ratio of CoQ10 to total cholesterol. The subjects with higher CoQ10 concentrations had a significantly reduced risk of CAD, even after adjustments for other CAD risk factors. Individuals with higher Vitamin B6 levels also had a significantly lower risk of CAD, although this was less significant after adjusting for other CAD risk factors.

The results of this study indicate that low blood levels of both CoQ10 and Vitamin B6 may be related to an increased risk of heart disease. It is suggested that future research should be done to evaluate the potential benefit of supplementing individuals who have CAD with a combination of CoQ10 and Vitamin B6, especially in those with low levels of CoQ10.

Lee BJ et al. A significant correlation between the plasma levels of coenzyme Q10 and vitamin B-6 and a reduced risk of coronary artery disease. *Nutr Res.* 2012 Oct;32(10):751-6.