

CoQ10 and Skin: Powerful Antioxidant Partners

CoQ10 has been more recently promoted in the skincare industry. Its applications have been well researched and we are discovering more properties and benefits of this naturally occurring antioxidant. We are well aware of its uses for heart health and nutrition benefits, however it also has a powerful effect on our skin.

Many of us forget about our largest and most visible organ in our body. Our skin protects our internal environment from infection, dehydration and even radiation. People also cover this important organ in; oil, make-up, perfumes, aftershave and the list goes on and on. So we see that our skin plays a very big and active role in our health. It provides a barrier from everything you are exposed to on a daily basis while also preventing our body from losing excess water and becoming dehydrated. Our skin can provide a lot of information about our bodies internal health as well. Although some environmental factors are unavoidable, there is a simple step we can all take to aid our skins health.

Firstly, you must remember our skin is under constant stress and trauma from having to deal with so many constantly changing external factors. These factors cause a build up of toxins and free-radicals to be present in our skin and tissues. Prolonged exposure to free radicals causes damage to collagen fibres (leading to wrinkles) and even adult onset acne. Free radicals are small particles that collide and react with molecules they come into contact with. They behave like a bowling ball; hitting, knocking and damaging everything in its path. This destruction is not good for our delicate skin tissues. The easiest known way to minimize the free radicals circulating in our body is to increase our antioxidant intake. Antioxidants react to the free radicals and prevent them from causing any further damage to your skin cells by reacting with the free radicals.

CoQ10 is an enzyme your body uses to make energy in your cells and it is a very powerful antioxidant too. It is a fat-soluble substance resembling a vitamin (like Vitamin E or C). Its role in the energy production chain is crucial. Ninety-five percent of your body's energy gets its start with this little molecule. Without energy, we would have no cell repair, renewal or regeneration. But aside from energy, this little molecule also stops those toxic free radicals from damaging your skin.

As we age our body reduces the stores of CoQ10, so it is even more important to supplement this with progressing age. While we are young, our body replaces CoQ10 according to your bodies needs. However, as we age the levels of CoQ10 will reduce. This is related to normal body changes with aging but another important factor that stops our body making CoQ10 is using statins. Research has shown that production of CoQ10 is interrupted by statins making your natural CoQ10 levels drop by as much as 40%. The best and easiest way for our body to increase our anti-oxidants is to increase our oral intake with a pharmaceutical grade compound like Qunol liquid or Qunol Ultra. Qunol liquid is the gold standard for CoQ10, including the 3X better absorption than regular CoQ10. CoQ10 is essential for energy production and also is beneficial for statin users.

Good health relies on healthy skin. One of the best ways to ensure suitable skin health relies on antioxidants. A simple and effective way to ensure you are getting the levels of CoQ10 your skin, heart and body requires is to consider supplementing your CoQ10 intake. You're skin and body will thank you for it!