

Table 1. The excipients, formulation, and actual CoQ₁₀ content of the seven CoQ₁₀ supplement brands investigated for bioavailability

| Brand | Excipients | Capsule/tablet type | % Yield CoQ ₁₀ per capsule/tablet |
|--------------------|---|--|--|
| Q-Gel | Vitamin E, Annato seed extract, Biosolv® base (lecithin, polysorbate, sorbitin monoleate, and medium chain triglycerides) | Softules containing liquid dispersion | 137 ± 4 |
| Radiance | Rice bran oil, lecithin, selenium, and vitamin E | Softgels containing liquid dispersion | 125 ± 4 |
| Blackmores | Soy lecithin | Capsules containing liquid dispersion | 121 ± 8 |
| Solgar | Vegetable cellulose, vegetable magnesium stearate, and silica | Vegetable capsules containing dry powder | 130 ± 15 |
| Kordel's | Evening primrose oil and salmon oil | Capsules containing liquid dispersion | 127 ± 7 |
| Thompson's | Vegetable oil | Vegetarian capsules containing liquid dispersion | 121 ± 6 |
| Good Health | Glucose, sucrose, magnesium stearate, calcium phosphate, and natural orange flavour | Chewable tablets | 100 ± 7 |

Table 2. The median change in CoQ₁₀ after supplementation with the different brands

| Brand | Total CoQ ₁₀ (µmol/L) | CoQ ₁₀ to LDL cholesterol ratio (µmol/L) | CoQ ₁₀ to total cholesterol ratio (µmol/L) |
|--------------------|-------------------------------------|--|--|
| Q-Gel | 0.586 (0.349–1.424) | 0.275 (0.218–0.500) | 0.125 (0.100–0.225) |
| Radiance | 0.321 (0.218–1.118) | 0.140 (0.120–0.373) | 0.065 (0.048–0.210) |
| Blackmores | 0.229 (0.109–0.531) | 0.130 (0.072–0.253) | 0.045 (0.028–0.090) |
| Solgar | 0.203 (0.094–0.295) | 0.075 (0.048–0.188) | 0.045 (0.020–0.075) |
| Kordel's | 0.177 (0.102–0.274) | 0.075 (0.050–0.173) | 0.040 (0.018–0.078) |
| Thompson's | 0.173 (0.106–0.442) | 0.080 (0.060–0.150) | 0.028 (0.060–0.073) |
| Good Health | 0.139 (0.105–0.297) | 0.095 (0.040–0.165) | 0.040 (0.018–0.053) |

Values shown are median values, with brackets showing the inter-quartile range.