



Health Effects of Coenzyme Q10

Guest Editors:

Dr. Luca Tiano

Dr. Patrick Orlando

Dr. Sonia Silvestri

Dr. Fabio Marcheggiani

Dr. Ilenia Cirilli

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Message from the Guest Editors

Coenzyme Q10 is an endogenous lipophilic quinone ubiquitous in biological membranes, where it exerts functions as an electron carrier and is endowed with antioxidant activities. CoQ10 beneficial use as a drug and nutraceutical is acknowledged in diverse. The mechanism of action of coenzyme Q10 is associated with its bioenergetic role in the mitochondrial respiratory chain and radical scavenging capacity of its reduced form ubiquinol. In recent decades, the novel biological functions of coenzyme Q10 have been highlighted, including modulatory effects on gene expression and wider mitochondrial functions. As an endogenous cofactor, alterations in its biosynthesis characterize severe genetic disease associated with CoQ deficiency syndrome, ageing process, genetic variants and different pathological conditions.

The present issue aims to collect novel contributions on the role of CoQ10 on human health, in relation to clinical conditions and aging-related disorders, concerning to the following areas: Cardiovascular, degenerative diseases, sarcopenia, fertility, CoQ biosynthesis mechanisms and those interventions that modulate CoQ in health aging.





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Editor-in-Chief

Prof. Dr. Alessandra Napolitano

Department of Chemical
Sciences, University of Naples
"Federico II", Via Cintia 4, I-80126
Naples, Italy

Message from the Editor-in-Chief

It has been recognized in medical sciences that in order to prevent adverse effects of "oxidative stress" a balance exists between prooxidants and antioxidants in living systems. Imbalances are found in a variety of diseases and chronic health situations. Our journal *Antioxidants* serves as an authoritative source of information on current topics of research in the area of oxidative stress and antioxidant defense systems. The future is bright for antioxidant research and since 2012, *Antioxidants* has become a key forum for researchers to bring their findings to the forefront.

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Antioxidants Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland

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