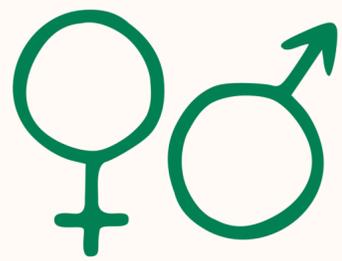




# Coenzyme Q10



## What does it do?

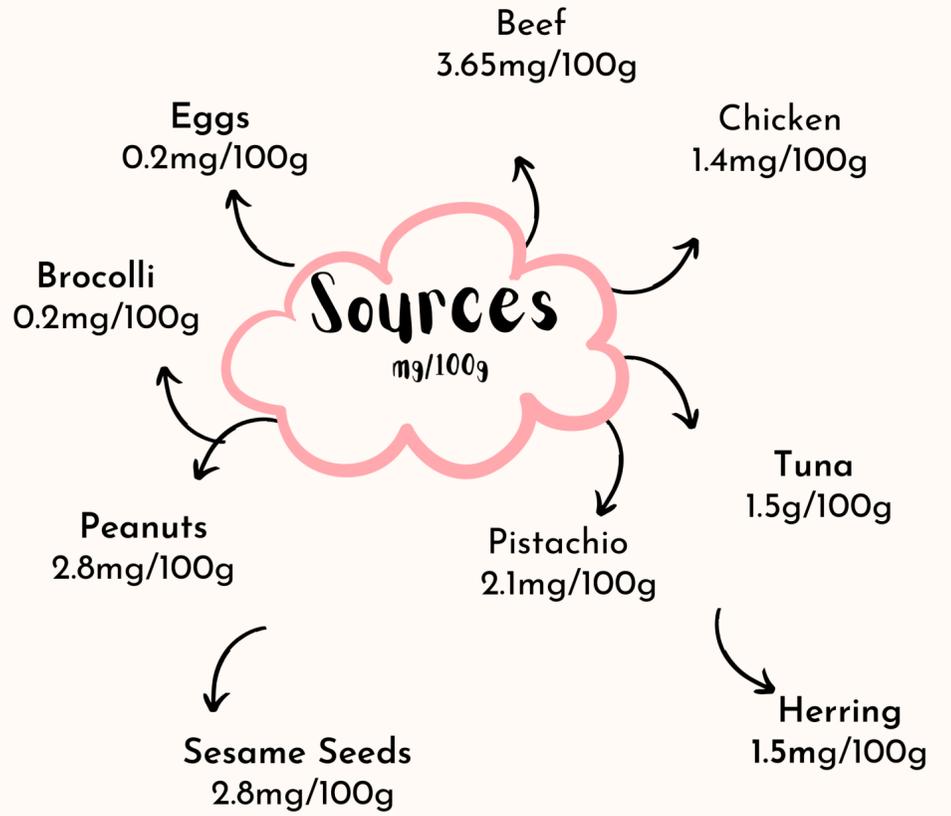
Co enzyme Q10 has antioxidant properties in neutralising free radicals

Can also reduce and/or prevent some of the damage caused by oxidation and free radicals

In males, Coenzyme Q10 improves sperm quality i.e. count, motility and morphology

In females, Coenzyme Q10 aids in egg maturation and ovulation. Also shown to protect ovarian reserve

May improve rates of pregnancy



## How much do I need?

As yet, there is no official RI for coenzyme q-10 and there has been no reports of toxicity at high doses.

An intake of 300-600mg daily for fertility is advisable.

## Recipe Idea...

### Beef Stew

#### Ingredients

- 400g Stewing Beef
- 1 Celery Stick
- 1 Onion
- 1 Large Carrot
- ½ tbsp Vegetable Oil
- ½ tbsp Unsalted Butter
- 1 tbsp Flour
- 1 tbsp Tomato Purée
- 1 tbsp Worcestershire Sauce
- 1 Beef Stock Cube
- 2-3 Bay Leaves
- 1 Sprig Thyme

#### Method

- Preheat oven to 160C
- Dice beef, season with salt and pepper and toss in flour to coat
- In an oven proof pot, heat oil over a medium-high heat and brown the beef for 3-4 minutes and set aside
- Sauté the onions, garlic, carrots and celery.
- Prepare the stock cube and add to the pot along with the tomato purée, Worcestershire sauce, bay leaves and thyme.
- Bring to a boil and simmer, add the beef and transfer pot the oven
- Stew for 2-2.5 hours or until the beef is tender
- Remove the bay leaves and thyme to serve.

#### Per Portion

Kcals: 389  
CoQ10: 7.4mg