



## Berkshire West Area Prescribing Committee

<b>Drug Name</b>	Coenzyme Q10		
<b>Indication under review</b>	Treatment of hypertension, chronic fatigue syndrome, fibromyalgia, myopathy or Parkinson's disease		
<b>Policy No:</b>	APC 047		
<b>Date of issue/ Date of re-issue:</b>	January 2014/ March 2017		
<b>Review Date:</b>	March 2020		
<b>Policy Statement:</b> Coenzyme Q10 is not recommended for the treatment of patients with hypertension, chronic fatigue syndrome, fibromyalgia, myopathy or Parkinson's disease.			
<b>Traffic Light Status</b>	<b>Brown</b>		
<b>Key Points considered:</b>			
<ul style="list-style-type: none"> <li>• There is public interest in coenzyme Q10 supplementation for a variety of indications however insufficient published evidence for its safety efficacy and cost efficacy in any condition preclude use in primary care.</li> <li>• In addition the likely large number of patients calls into question the affordability of such supplementation.</li> <li>• The DH has 'blacklisted' various coenzyme Q10 preparations but not all of them.</li> <li>• This policy has been produced as a guide for GPs. Evidence and information was carefully considered and consulted upon by clinicians who concluded that this treatment is not a cost effective use of scarce NHS resources. There are situations where this policy may not apply to an individual patient due to their clinical exceptionality. This policy statement does not overrule an individual GPs clinical decision making and therefore each GP would be need to make the final decision on whether treatment is a cost-effective use of their CCG budget.</li> </ul>			
<b>References:</b>			
<ol style="list-style-type: none"> <li>1. Drug Tariff September 2010</li> <li>2. accessed via <a href="http://www.nelm.org.uk">www.nelm.org.uk</a></li> <li>3. Lister R et al. An open, pilot study to evaluate the potential benefits of coenzyme Q10 combined with Ginkgo biloba extract in fibromyalgia syndrome. Int Med Res. 2002 Mar-Apr;30(2):195-9.</li> <li>4. Ho MJ et al. Blood pressure lowering efficacy of coenzyme Q10 for primary hypertension. Cochrane Database of Systematic Reviews 2009, Issue 4. Art. No.: CD007435. DOI: 10.1002/14651858.CD007435.pub2</li> <li>5. Storch A et al, German Coenzyme Q(10) Study Group. Randomized, double-blind, placebo-controlled trial on symptomatic effects of coenzyme Q(10) in Parkinson disease. Arch Neurol. 2007 Jul;64(7):938-44. Epub 2007 May 14.</li> <li>6. Bentler E et al. Prospective observational study of treatments for unexplained chronic fatigue. J Clin Psychiatry 2005;66:625-632.</li> </ol>			
<b>Date taken to APC:</b>	1 <sup>st</sup> March 2017		
<b>Date Ratified by GP MOC on Behalf of Board:</b>	15 <sup>th</sup> March 2017		

Berkshire West Area Prescribing Policies serve as a guide to clinicians. This does not overrule the clinical or budgetary responsibility of clinicians when considering treatment for individual patients.

<b>Brown</b>	<b>Green</b>	<b>Amber</b>	<b>Red</b>
These drugs have been reviewed and are not considered a cost effective use of scarce NHS resources	Medicines suitable for routine use. Primary care prescribers take full responsibility for prescribing	Medicines that should be initiated by a specialist and can be continued in primary care under a shared care agreement.	Medicines which should be prescribed by specialists only