

Abstract

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Coenzyme Q10 supplementation during pregnancy reduces the risk of pre-eclampsia.

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OBJECTIVE: To assess whether supplementation with Coenzyme Q10 (CoQ10) during pregnancy reduces the risk of pre-eclampsia.

METHODS: Women at increased risk of pre-eclampsia were enrolled in a randomized, double-blind, placebo-controlled trial. Women were assigned to receive 200 mg of CoQ10 or placebo daily from 20 weeks of pregnancy until delivery. The primary outcome was rate of pre-eclampsia. Statistical analyses were by intention-to-treat.

RESULTS: Of the 235 women enrolled in the trial, 118 were randomized to receive CoQ10 and 117 received a placebo. A total of 197 (83.8%) women were followed-up. The overall rate of pre-eclampsia was 20% (n=47). Thirty women (25.6%) in the placebo group developed pre-eclampsia compared with 17 women (14.4%) in the CoQ10 group, and this reduction was significant (P=0.035) (relative risk [RR] 0.56; 95% confidence interval [CI], 0.33-0.96).

CONCLUSION: Supplementation with CoQ10 reduces the risk of developing pre-eclampsia in women at risk for the condition.

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