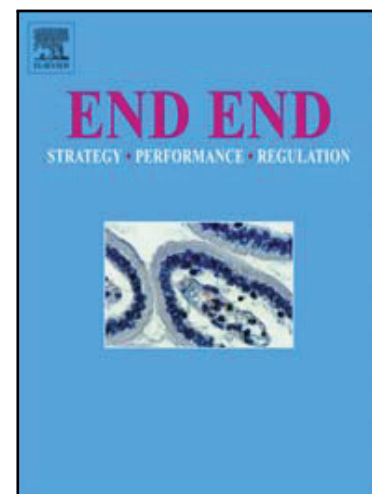


## Accepted Manuscript

Bioavailability of coenzyme Q<sub>10</sub> supplements depends on carrier lipids and solubilization

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### Highlights

- CoQ<sub>10</sub> preparations show high differences in bioavailability in humans.
- Physiological unknown factors affect CoQ<sub>10</sub> bioavailability in humans.
- Composition of vehicle in CoQ<sub>10</sub> preparations affects bioavailability in humans.
- Addition of antioxidants to CoQ<sub>10</sub> preparations can decrease bioavailability.
- For each individual best CoQ<sub>10</sub> preparation must be empirically determined.

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