

# Coenzyme Q10 and tolerability of simvastatin in subjects with a history of statin-induced myalgia

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**Status** RECRUITING  
**Sponsor** Lipid and Diabetes Research Group, Christchurch Hospital  
**Enrollment** 44 participants

## Plain Language Summary

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This study is testing whether taking coenzyme Q10 (CoQ10), a natural supplement, can help people tolerate statin medications better. Statins are commonly prescribed to lower cholesterol and reduce heart disease risk, but some patients experience muscle pain (myalgia) as a side effect and have to stop taking them. CoQ10 may help reduce this muscle pain, allowing patients to stay on a full dose of their statin.

You may be eligible if:

- You have previously had to stop or reduce your statin dose because of muscle pain

You may NOT be eligible if:

- You are currently taking warfarin (a blood thinner)
- You are unable to give consent to participate
- You are pregnant
- You are currently taking vitamin or antioxidant supplements

Talk to your doctor about whether this trial might be right for you.

## Key Eligibility Criteria

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### Inclusion (1)

- The patient has previously been unable to continue on a full dose of statin therapy due to side effects of myalgia.

### Exclusion (1)

- Patients who are taking warfarin; patients who are unable to consent to being part of the trial; patients who are pregnant, patients who are taking vitamin or antioxidant supplements.

## Locations (1 total)

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New Zealand