

## عنوان مقاله:

HN-01510085\_The Effects of Coenzyme Q10 Supplementation on Anthropometric Indices in Adults: A Systematic Review and Meta-Analysis of Randomized Controlled Trial

## محل انتشار:

سومین همایش بین المللی تغذیه بالینی ایران (سال: 1398)

تعداد صفحات اصل مقاله: 1

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## خلاصه مقاله:

**Introduction:** Previous studies have led to conflicting results regarding the effect of coenzyme Q10 (CoQ10) supplementation on anthropometric indices. This study aimed to evaluate the efficacy of CoQ10 supplementation on body weight, body mass index (BMI) and waist circumference (WC) through a systematic review and meta-analysis of randomized controlled trials (RCTs). **Methods:** PubMed, Scopus, Web of Science, Cochrane Library and Google scholar, as well as the reference lists of the identified relevant RCTs, were searched up to March 2019, weighted mean differences (WMDs) were pooled by using the random effects model. **Results:** Twenty RCTs (976 participants) were eligible to be included in the systematic review. The meta-analysis revealed that CoQ10 supplementation had no effect on body weight (WMD= -0.04 kg; 95% confidence interval [CI]: -1.96, 1.6), BMI (WMD= -0.06 kg/m<sup>2</sup>; 95% CI: -0.54, 0.42) and WC (WMD= 0.79 cm; 95% CI: -2.83, 0.04), with no significant between-study heterogeneity. **Conclusion:** CoQ10 supplementation might not improve anthropometric indices. Future well-designed trials are still needed to confirm these results

## کلمات کلیدی:

Coenzyme Q10, Body weight, BMI, Waist circumference, Meta-analysis

## لینک ثابت مقاله در پایگاه سیویلیکا:

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