

Pyrroloquinoline Quinone (PQQ) Overview

What is PQQ?

Pyrroloquinoline quinone (PQQ) is a redox cofactor and antioxidant that plays a role in cellular energy metabolism and mitochondrial function. It is found naturally in certain foods and is essential for optimal cellular function.

Why Do We Need PQQ?

PQQ is crucial for mitochondrial biogenesis, energy production, and cellular repair. It supports cognitive health, cardiovascular function, and overall cellular resilience against oxidative stress.

What Does PQQ Do in the Body?

- **Mitochondrial Support:** Stimulates the growth of new mitochondria (mitochondrial biogenesis) and enhances their efficiency.
- **Antioxidant Properties:** Reduces oxidative stress by neutralizing free radicals.
- **Neuroprotection:** Supports nerve growth factor (NGF) production, aiding brain function and memory.
- **Cardiovascular Health:** Enhances circulation and protects against vascular damage.
- **Energy Metabolism:** Facilitates cellular energy production (ATP synthesis) by optimizing mitochondrial function.

How Much PQQ Do We Need?

There is no established Recommended Daily Allowance (RDA) for PQQ.

Research suggests an effective dosage of 10-20 mg per day for general health benefits, with doses up to 40 mg per day used in some studies.

Higher doses should be taken under medical supervision.

Benefits of Taking PQQ

1. Increases energy levels and combats fatigue.
2. Enhances cognitive function, memory, and focus.
3. Supports heart health by improving vascular function.
4. Protects against oxidative stress and inflammation.
5. Aids in healthy aging and longevity by preserving mitochondrial integrity.
6. May improve sleep quality and reduce stress levels.

Most Bioavailable Form of PQQ

PQQ Disodium Salt (PQQ Na₂) – Water-soluble and widely studied for bioavailability.

PQQ as BioPQQ® – A patented, highly bioavailable form with clinical research backing.

PQQ is best absorbed when taken with food, particularly with healthy fats to enhance uptake.

Conclusion:

PQQ is a powerful nutrient that plays a vital role in mitochondrial health, cognitive function, and overall vitality. Supplementing with bioavailable PQQ forms can support energy production, neuroprotection, and cardiovascular health, making it a valuable addition to a well-rounded wellness regimen.

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