

## The Coenzyme Q10 And Fatigue in Cancer A Literature Review

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### Abstract

Cancer fatigue (CF) is defined as a great mental or physical suffering persistent, or emotional and/or cognitive weakness. The treatment of CF includes pharmacological and non-pharmacological therapies. The Q10 strategies with promising results have also been used. we aim to identify Q10 supplements that improve fatigue in patients with cancer. The literature review was conducted for Systematic Reviews and Meta- Analyses statement. Data were obtained from PubMed, Scopus, MEDLINE, the Google and Google Scholar. 893 studies were assessed, with cancer. The most commonly used supplements that improve fatigue was co-enzyme Q10. Dietary supplements or diet patterns are no often used to treat fatigue in patients with cancer. The results of this review showed that Q10 could be used to treat CF in patients with cancer. The studies had a low risk of bias with high-quality evidence on the efficacy of the interventions in treating fatigue in cancer in the study population.

**Keywords:** Q10, Adverse effects; cancer; Diet; Dietary supplement; Fatigue

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