Methyldopa

En Español (Spanish Version)

Coenzyme Q10 (CoQ10) - Supplementation Possibly Helpful | Iron - Take at a Different Time of Day

Trade Names
• Aldomet

Methyldopa is a medication that is sometimes used to control hypertension; however, it is not a first-line treatment due to the various health risks associated with its use.

Coenzyme Q10 (CoQ10)
Supplementation Possibly Helpful

There is some evidence that methyldopa might impair the body's ability to manufacture the substance coenzyme Q\textsubscript{10} (CoQ\textsubscript{10}). Taking CoQ\textsubscript{10} supplements might make sense as a general precaution, but no specific benefit has been established.

Iron
Take at a Different Time of Day

Iron supplements can interfere with the absorption of methyldopa, so make sure you do not take iron during the 2 hours before or after your methyldopa dose.

References [+]


