

SUPPLEMENTARY MATERIAL

**Effect of coenzyme Q10 on cardiac function and survival in heart failure: an
overview of systematic reviews**

Food & Function

INDEX

Table S1. Search strategy.

Table S2. Excluded studies with justified reasons.

Table S3. Risk of bias assessment.

Table S4. Quality of evidence assessment.

Table S1. Search strategy.

- Medline, Scopus, Web of Science, Cochrane Library:

Heart failure OR Heart disease OR Cardiovascular disease OR Cvd	AND	Q10 OR CoQ10 OR Coenzyme Q10 OR Ubiquinone OR Ubiquinol OR Ubidecarenone	AND	Sistematic review OR Meta-analysis
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- Grey literature:

Not specified.

Table S2. Excluded studies with justified reasons.

Reference	Main reason
Banach M et al (2015) ³⁷	Not outcome of interest
Pepe S et al (2007) ³⁸	Not design of interest

*References at main manuscript

Table S3. Risk of bias assessment.

Reference	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	Overall
Al Saadi T et al (2021)	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	NO	YES	Low
Ba Y-J et al (2016)	YES	NO	YES	YES	YES	YES	NO	YES	YES	NO	YES	NO	NO	YES	NO	NO	Critially Low
Fotino A et al (2013)	YES	NO	YES	YES	YES	YES	NO	YES	YES	YES	YES	YES	NO	YES	YES	YES	Critially Low
Lei L et al (2017)	YES	NO	YES	PY	NO	YES	NO	YES	YES	NO	YES	YES	YES	YES	YES	YES	Critially Low
Madmani M et al (2013)	YES	YES	YES	YES	YES	YES	YES	YES	YES	NO	YES	YES	YES	YES	NO	YES	Low
Rosenfeldt F et al (2003)	YES	NO	YES	YES	NO	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	Critially Low
Sander S et al (2006)	YES	NO	YES	YES	YES	NO	YES	YES	NO	NO	YES	NO	NO	YES	YES	NO	Critially Low
Soja A et al (1997)	YES	NO	YES	NO	NO	NO	YES	YES	NO	NO	YES	NO	NO	YES	NO	NO	Critially Low
Trongtorsak A et al (2017)	YES	NO	YES	NO	YES	NO	NO	NO	NO	NO	YES	NO	NO	NO	NO	NO	Critially Low
Yu Mareev V et al (2022)	YES		YES	NO	NO	NO	NO	YES	YES	NO	YES	YES	YES	YES	NO	NO	Critially Low

Table S4. Quality of evidence assessment.

N° studies	Design	Certainty assessment					Effect size	Certainty
		Risk of bias	Inconsistency	Indirect evidence	Imprecision	Other considerations		
Ejection fraction								
9	RCTs*	Very serious	Not serious	Not serious	Not serious	-	View in Figures	Low
Cardiac output								
2	RCTs*	Very serious	Serious	Not serious	Not serious	-	View in Figures	Very low
Cardiac index								
2	RCTs*	Very serious	Serious	Not serious	Not serious	-	View in Figures	Very low
Stroke volume								
2	RCTs*	Very serious	Serious	Not serious	Serious	-	View in Figures	Very low
Exercise capacity								
4	RCTs*	Very serious	No serious	Not serious	Very serious	-	View in Figures	Very low
NYHA Classification								
3	RCTs*	Very serious	No serious	Not serious	Very serious	-	View in Figures	Very low
Mortality								
6	RCTs*	Very serious	Not serious	Not serious	Not serious	Strong association	View in Figures	Moderate
Hospitalisations								
2	RCTs*	Very serious	Not serious	Not serious	Not serious	Strong association	View in Figures	Moderate
CoQ10 levels								
5	RCTs*	Very serious	Not serious	Not serious	Not serious	Strong association	View in Figures	Moderate

*Meta-analysis of randomised controlled trials.