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Study: Preterm mothers' milk contains low concentrations of coenzyme Q10

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A study conducted at the University of Granada and at the University Hospital San Cecilio revealed that preterm mothers' milk contains low concentrations of coenzyme Q10. This is a complex of great medical importance, due both to its antioxidant capacity and to its role as a component of the electron transport chain, among other functions.

This study counted with the participation of a group of researchers of the Institute of Nutrition and Food Technology "José Mataix" (from to the Andalusian Government research groups AGR-145 and CTS-627), and with the collaboration of the Department of [Pediatrics](#) of the University Hospital San Cecilio of Granada, Spain.

The main objective of this study was to analyze the presence of coenzyme Q10 in [breast milk](#) and to examine variation in Q10 concentrations in the three stages of [breast milk](#) (colostrum, transitional and mature milk). The second goal was to determine whether the milk of mothers at term and that of preterm mothers have different Q10 concentrations.

30 Breastfeeding Mothers

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