

# Case #1038: A Case Study Evaluating the Effects of Bonito Peptides and Coenzyme Q10 (COQ<sub>10</sub>) in a Patient with Hypertension

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## PURPOSE

*The purpose of this case study was to show how targeted nutritional support with bonito peptides and CoQ<sub>10</sub> combined with regular exercise may help lower blood pressure in a patient with hypertension.*

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## PATIENT'S PRESENTATION AND HISTORY

A 55-year old female presented with hypertension, which had started at age 25 when she was smoking and considerably overweight (250 lb). She was initially prescribed an antihypertensive drug and was placed on a second antihypertensive agent at age 35. One year prior to presentation, she had hurt her back and was prescribed rofecoxib. Her blood pressure (BP) had increased and she was placed on a third antihypertensive drug. She had quit smoking at age 35 and had lost 80 lb with a diet and exercise program by age 45. However, the weight loss had not improved her BP. She had lost an additional 30 lb a year prior to presentation by increasing her exercise activity, but her BP readings averaged about 145/75.

The patient's medical history and other symptoms included fibromyalgia, which was diagnosed at age 45. This was initially treated with an antidepressant and muscle relaxant, and later treated with an herbal supplement that offered considerable relief. She had hypothyroidism (since age 25) and a slight heart murmur. Her medical history also included a cholecystectomy at age 44, and she had a family history of cardiovascular disease, hypertension, and obesity.

### *Patient's Objective Information*

- HT: 60.5"; WT: 156 lb; BP: 140/78
- Physical exam unremarkable
- Prescriptive medications and supplements: lisinopril 40 mg/day; levothyroxine 100 mcg/day; HCTZ 25 mg/day; amlodipine besylate; progesterone and Tri-Est; multi-vitamin/mineral; calcium; beta carotene; vitamin E; vitamin C; baby aspirin; and an herbal supplement

The patient had tried an herbal approach for hypertension over the previous 2 ½ months. However, her in-office systolic BP had remained elevated in the 140-170 range, with normal diastolic BP.

## PLAN AND RESULTS

The patient was advised to:

- Discontinue herbal supplement
- Start bonito peptides, 500 mg tid
- Start CoQ<sub>10</sub> supplement, 100 mg bid
- Continue daily log of BP readings

### *After 4 Weeks on Nutritional Support with Bonito Peptides and CoQ10*

The patient had continued to exercise and had not made changes in her diet. Her BP reading was 184/85. She reported that her at-home BP readings had worsened a bit, which correlated with her in-office reading. She was advised to continue on the same plan.

### *After 8 Weeks on Nutritional Support with Bonito Peptides and CoQ10*

The patient had continued on the plan, which included the CoQ<sub>10</sub> and bonito peptide supplements, and her BP reading had decreased to 112/70. Her at-home BP readings in the previous few weeks had been down to the 120-130/60-70 range, and she was very pleased with the improvement.

She was advised to continue on the same plan and was scheduled for a follow-up visit in 4 weeks.

Table 1. After 8 weeks, the patient's BP reading had decreased from 140/78 to 112/70. She reported her BP readings at home had decreased to the 120-130/60-70 range. This result suggests a considerable improvement in the patient's systolic and diastolic BP with the inclusion of bonito peptides and CoQ<sub>10</sub>.

**Decrease in Blood Pressure Readings**

	Before Program	<b>After 8 Weeks</b>
Systolic BP	140	<b>112</b>
Diastolic BP	78	<b>70</b>

**SUMMARY**

This case study suggests that targeted nutritional support with bonito peptides and CoQ<sub>10</sub> combined with regular exercise may help to decrease blood pressure in patients with hypertension.

**NOTE**

The information provided in this case study describes the results of one patient under the care of a licensed healthcare practitioner and may not be a typical response. Patients treated with blood pressure medications should be carefully monitored by their healthcare practitioner during any changes to their medication and/or dietary regimens.

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