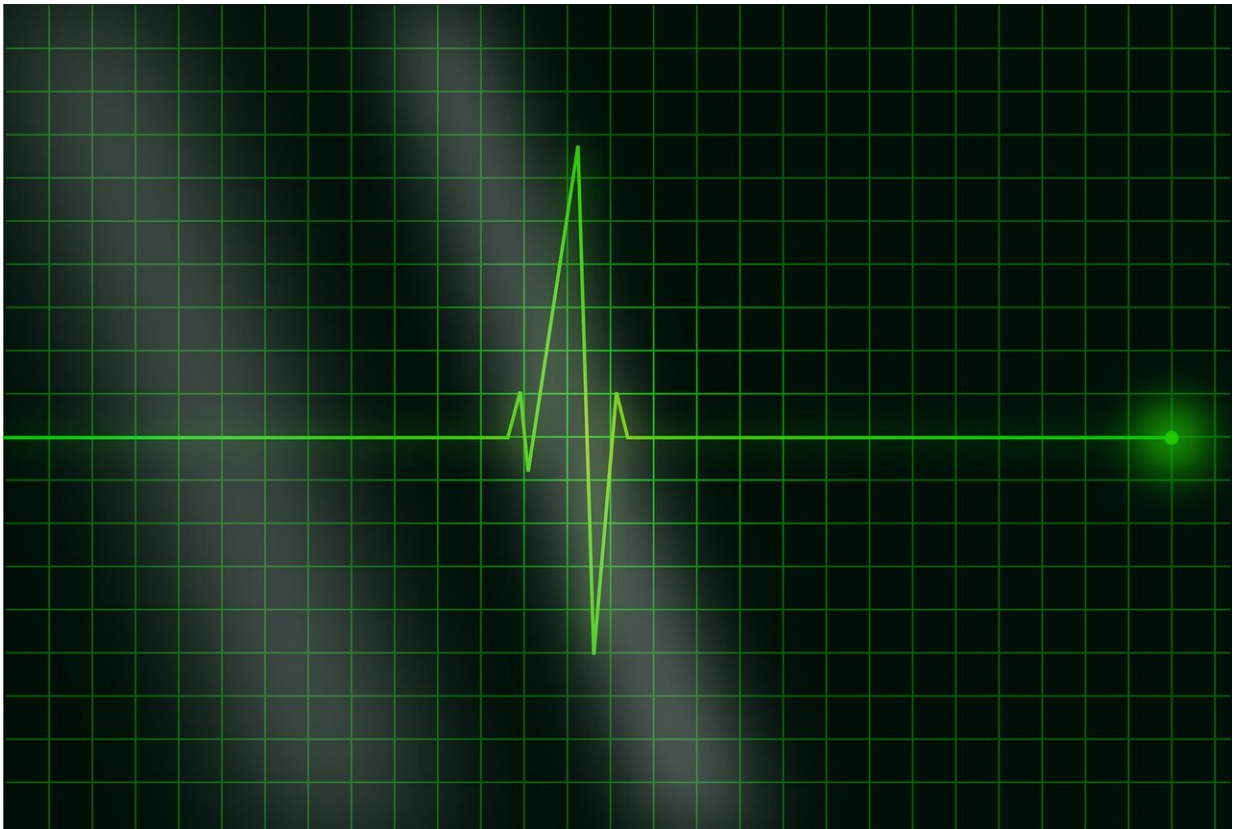


Can correcting micronutrient deficiencies help treat heart failure?

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Credit: Pixabay/CC0 Public Domain

A review published in the *Journal of Internal Medicine* provides convincing evidence that micronutrients—including iron, selenium, zinc, copper, and coenzyme Q10—can impact the function of cardiac cells'

energy-producing mitochondria to contribute to heart failure.

The findings suggest that micronutrient supplementation could represent an effective treatment for heart failure.

"Micronutrient deficiency has a high impact on mitochondrial energy production and should be considered an additional factor in the [heart failure](#) equation, moving our view of the failing heart away from "an engine out of fuel" to "a defective engine on a path to self-destruction," said co-lead author Nils Bomer, Ph.D., of the University Medical Center Groningen, in The Netherlands.

More information: Micronutrient deficiencies in heart failure: Mitochondrial dysfunction as a common pathophysiological mechanism? *Journal of Internal Medicine* (2022). DOI: [10.1111/joim.13456](https://doi.org/10.1111/joim.13456)

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