

# The Benefits of Ubiquinol

## Supporting Wellness Cell by Cell

Ubiquinol, the active antioxidant form of coenzyme Q10 (CoQ10), plays a significant role in the production of cellular energy, supporting mitochondrial function and cellular health. Through its antioxidant mechanism, it protects against oxidative stress, supporting overall health, cardiovascular wellness, healthy aging, preconception health, and menopausal well-being.

However, ubiquinol levels taper off with age and as a result of cumulative environmental stress. At the same time, the increase of free radicals associated with aging can contribute to oxidative stress, which may impact mitochondrial and cellular function, leading to common conditions associated with aging.



## The Benefits of Kaneka Ubiquinol® Supplementation

Supplementing with Ubiquinol can replenish the body's ubiquinol levels, providing powerful antioxidant protection at the cellular level.

2x

Kaneka Ubiquinol® has been shown to be **2x better absorbed** than conventional CoQ10.<sup>1</sup>

8x

Research demonstrates that 200 mg of Kaneka Ubiquinol® **increases ubiquinol levels by approximately 8x** compared to baseline in healthy adults when taken daily for at least 30 days.<sup>2</sup>

No Conversion

Ubiquinol requires **no conversion in the body to perform its antioxidant functions**, making it readily available to provide protection at the cellular level.<sup>3,4</sup>

## Supports Cardiovascular Wellness by:

Protecting LDL cholesterol from oxidation<sup>4,5</sup>

Enhancing nitric oxide (NO) production<sup>4</sup>

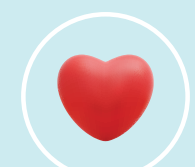
Promoting proper vasodilation and circulation<sup>4</sup>

Supporting the high energy requirements of the heart<sup>6</sup>



## Promotes Healthy Aging

By helping maintain a healthy CoQ10 balance,<sup>4</sup> which is essential for:



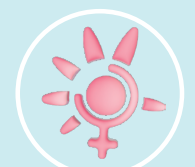
Cardiovascular health<sup>4</sup>



Muscle health in older adults<sup>7</sup>



Physical functioning in older adults<sup>7,8</sup>



General health and well-being during and after menopause<sup>9,10</sup>

## Promotes female preconception health by supporting:

- + Mitochondrial function essential for egg and oocyte health<sup>11</sup>
- + Cellular energy requirements for healthy egg and oocyte function<sup>11,12</sup>
- + Mitigation of excess ROS, protecting reproductive cells from oxidative stress<sup>13</sup>

## Supports male preconception health

- + In an open-label study, sperm motility improved by up to 26%.<sup>14</sup>
- + In an open-label study, sperm counts increased by up to 53%.<sup>14</sup>
- + Research also shows improvements in sperm morphology by up to 24%.<sup>15</sup>



## The Kaneka Ubiquinol® Advantage

50

50 years of ubiquinone and ubiquinol research and testing

100+

Subject of 100+ clinical studies

18+

18+ years of positive consumer experience with Kaneka Ubiquinol® supplementation



Free of impurities commonly found in synthetic CoQ10



Bioidentical to the ubiquinol naturally produced in the human body



Made in the USA

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### References

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