



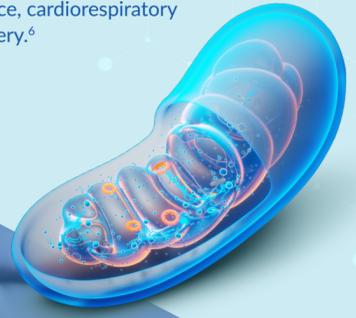
# Kaneka Ubiquinol® and Sports Nutrition

## Supporting Energy Metabolism and Cellular Wellness During Exercise

Ubiquinol, the active antioxidant form of coenzyme Q10 (CoQ10), plays a vital role in sports nutrition, supporting mitochondrial and cellular health. It promotes cellular energy production and neutralizes reactive oxygen species (ROS)<sup>1,2</sup>, natural byproducts of energy metabolism that can damage proteins, lipids, and DNA over time, if their levels exceed the cells' antioxidant defenses.

## Mitochondrial Health, Oxidative Stress, and Exercise

- Mitochondria support muscle contraction by generating adenosine triphosphate (ATP), the cell's main energy source.<sup>3</sup>
- Exercise increases ATP demand, which raises oxygen use and the production of ROS.<sup>4</sup>
- Excess ROS can drive oxidative stress, reducing muscle function and contributing to fatigue.<sup>5</sup>
- High altitude can add to the physiological load and affect endurance, cardiorespiratory performance, and recovery.<sup>6</sup>



## Kaneka Ubiquinol® Supplementation and Exercise Performance

Ubiquinol and ubiquinone (CoQ10) are located in the mitochondrial membrane, where energy production and ROS generation occur. While both forms of CoQ10 support ATP production,<sup>1,2</sup> only ubiquinol acts as an antioxidant to help maintain oxidative balance during periods of increased metabolic demand.<sup>7</sup>

## Research Shows That Kaneka Ubiquinol® Supplementation Provides Nutritional Support During Exercise By:

### Neutralizing ROS

Reducing free radicals generated during strenuous exercise<sup>7</sup>

### Supporting Cardiovascular Performance

Helping sustain nitric oxide levels during exercise, which supports circulation and the delivery of oxygen and nutrients<sup>7</sup>

### Enhancing Performance in Elite Athletes

Improving peak power production in elite athletes when taken at 300 mg per day<sup>8</sup>

### Supporting Exercise Performance at High Altitudes

- Promoting cardiovascular output at high altitudes<sup>9,10</sup>
- Supporting the body's capacity for efficient oxygen delivery during exercise at high altitudes<sup>9,10</sup>

In a clinical study evaluating exercise performance at high altitude, participants who took 200 mg of Kaneka Ubiquinol® daily for 17 days showed about a 50% smaller decline in cardiorespiratory fitness than those on placebo (11% versus 21%).<sup>10</sup>

Kaneka Ubiquinol® is certifiable for sport within the World Anti-Doping Agency (WADA) Code.

## 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

Read the Fact Sheet