



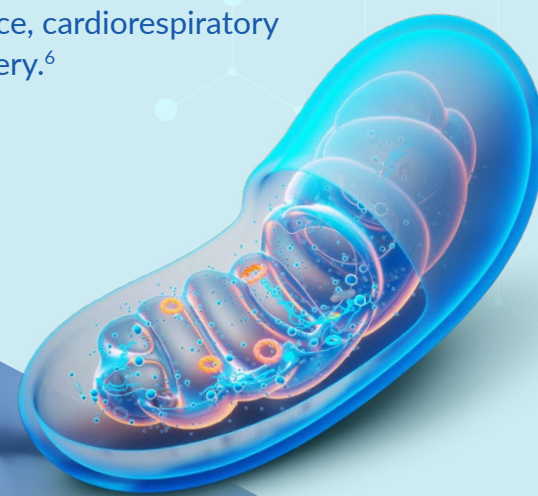
Kaneka Ubiquinol® and Sports Nutrition

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)^{1,2}, 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.³
- + Exercise increases ATP demand, which raises oxygen use and the production of ROS.⁴
- + Excess ROS can drive oxidative stress, reducing muscle function and contributing to fatigue.⁵
- + High altitude can add to the physiological load and affect endurance, cardiorespiratory performance, and recovery.⁶



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,^{1,2} only ubiquinol acts as an antioxidant to help maintain oxidative balance during periods of increased metabolic demand.⁷

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

Neutralizing ROS

Reducing free radicals generated during strenuous exercise⁷

Supporting Cardiovascular Performance

Helping sustain nitric oxide levels during exercise, which supports circulation and the delivery of oxygen and nutrients⁷

Enhancing Performance in Elite Athletes

Improving peak power production in elite athletes when taken at 300 mg per day⁸

Supporting Exercise Performance at High Altitudes

- Promoting cardiovascular output at high altitudes^{9,10}
- Supporting the body's capacity for efficient oxygen delivery during exercise at high altitudes^{9,10}

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%).¹⁰

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