



Women's Health

Mitochondrial Wellness
and Hormonal Shifts



kaneka
NUTRIENTS

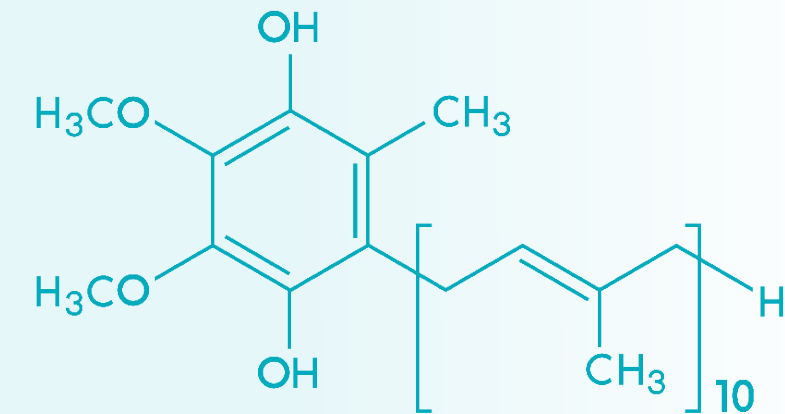
From reproductive years through menopause and beyond, **women's health is shaped in part by the effects changing hormones have** on cellular energy, oxidative balance, and mitochondrial function.^{1,2}

Mitochondrial wellness supports the ability of cells to adapt during these transitions, and ubiquinol plays a key role in that process.^{2,3}

Influence of Hormonal Changes Over Time

Across life stages, hormonal shifts influence cellular energy demand, antioxidant defense, oxidative status, and overall mitochondrial functioning.^{1,3}

These changes make mitochondrial wellness increasingly relevant to cellular homeostasis.²



Ubiquinol's Role at the Cellular Level

Ubiquinol, the active antioxidant form of CoQ10, supports cellular energy production, acts as an antioxidant, and plays a vital role in maintaining mitochondrial homeostasis.⁴⁻⁶

Ubiquinol is the predominant form of CoQ10 in the blood, but ubiquinol levels and overall antioxidant status decline with age.

At the cellular level, Kaneka Ubiquinol® functions through three primary mechanisms:

- Supports cellular energy production
- Neutralizes ROS
- Protects mitochondrial membranes, proteins, and DNA from oxidation

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Preconception Health, Energy, and Antioxidant Support

Healthy mitochondrial function supports reproductive cells, which have high energy demands and are sensitive to oxidative stress.^{7,8}

As a lipid-soluble antioxidant, ubiquinol supports:



Mitochondrial function
important for egg health⁹



Antioxidant defense
against excess ROS in
reproductive cells⁸



**Cellular energy
production** important
for oocyte function^{7,9}



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Menopause and Oxidative Balance

Declining estrogen levels are linked to reduced antioxidant capacity and increased oxidative stress.¹⁰⁻¹²

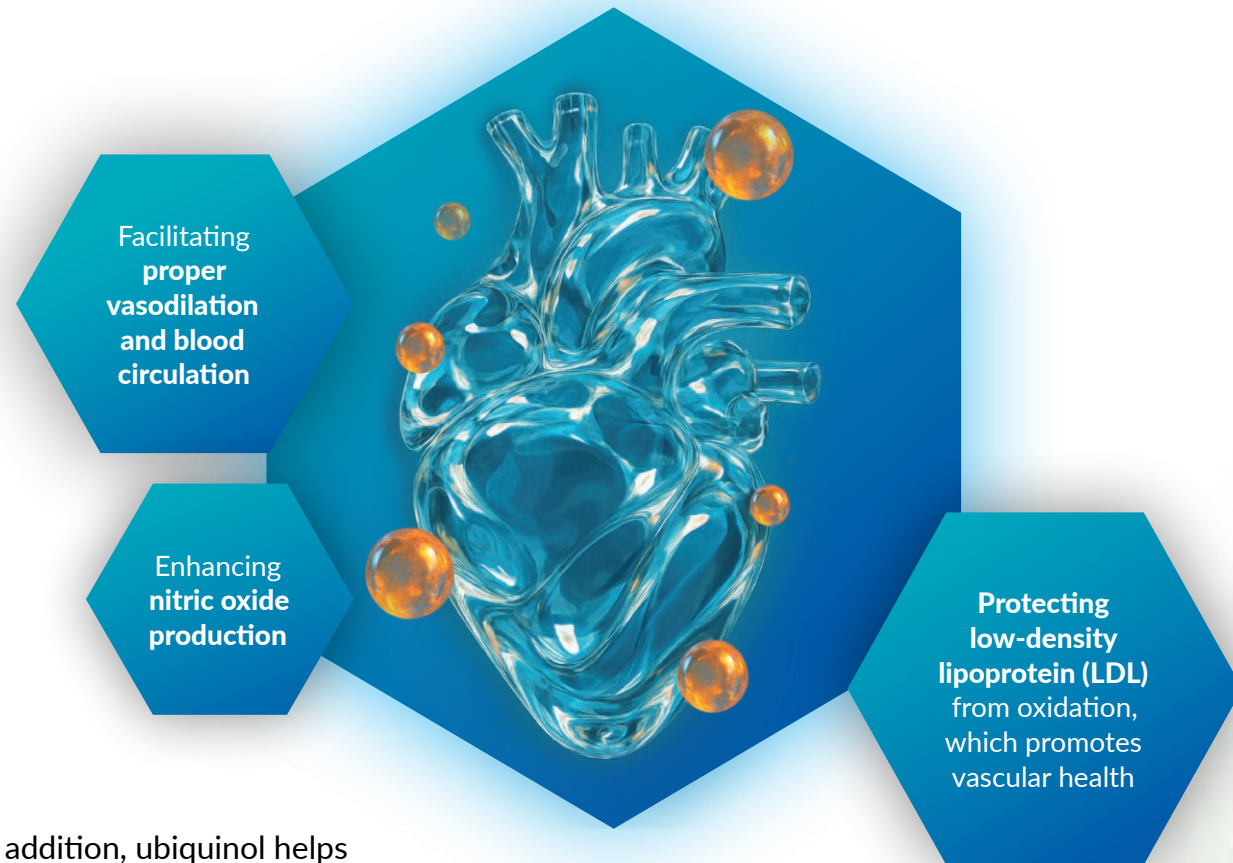
In a consumer use study, 80% of menopausal women taking 200 mg of Kaneka Ubiquinol[®] per day reported **decreased irritability, sensitivity, stress, and mood swings** after 60 days of supplementation.¹³

Kaneka Ubiquinol[®]
supports general health
and well-being during
and after menopause.^{13,14}

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Cardiovascular Health and Mitochondrial Function

Ubiquinol has been shown in a clinical study to benefit vessel health¹⁵:



In addition, ubiquinol helps maintain **mitochondrial membrane integrity**, which is increasingly recognized as foundational to heart and blood vessel structure and function, particularly during aging.^{8,16}

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Healthy Aging and Cellular Energy

Clinical research shows that supplementation with Kaneka Ubiquinol® **increases plasma ubiquinol levels.**^{15,17,18}

Research also demonstrates a positive association between CoQ10 status, percentage of plasma ubiquinol, and **muscle health in older adults.**¹⁹

Higher blood ubiquinol levels are associated with:

- **Cardiovascular health**¹⁵
- **Muscle health**¹⁹

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Backed by Science. Trusted by 200+ Brands.

Kaneka Ubiquinol® is **three times better absorbed** than a conventional CoQ10 supplement¹⁸ and **requires no conversion** to provide antioxidant action.^{15,20}



The Kaneka Ubiquinol® Difference

Bioidentical to the body's own ubiquinol

Subject of **100+ clinical studies**

50+ years of ubiquinone and ubiquinol research and testing

Made in the **USA**

Free from cis-isomers created with synthetic CoQ10 production

18+ years of positive consumer experience



Formulate for women's health with Kaneka Ubiquinol®.
Preferred by science-led brands.



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