



Understanding Ubiquinol



Ubiquinol is vital for the health and production of cellular energy.



What is CoQ10?



Coenzyme Q10 (CoQ10) is a nutrient or coenzyme found in every cell of the body. It plays the vital role of providing cellular energy enabling organs to perform at their best, and protecting cells and blood lipid from oxidation.

What is Ubiquinol?



Ubiquinol is the active and the major form of CoQ10 that naturally occurs in the body – more than 95% of the total CoQ10 in plasma in a young, healthy body is in the Ubiquinol form.¹

Why Ubiquinol?



Ubiquinol is a critical component of energy production for every cell of your body. Therefore, Ubiquinol is concentrated in organs that require the most energy, such as the heart, liver, muscles and kidneys.

Oxidative stress increases with age. As we age, our body converts less CoQ10 to Ubiquinol, thereby reducing essential antioxidant protection.

Supplementing with stabilised active Ubiquinol may be helpful in balancing oxidative stress, helping to protect cells from free radical damage and helping to neutralise “bad” LDL cholesterol.

Are you getting enough?

The standard recommended dosage to help build your body's Ubiquinol levels is 100 – 150mg a day. To achieve the minimum dose, one would need to eat:



3.4 KG OF OF RED MEAT



5.7 KG OF CHICKEN



120 CANS OF SARDINES



1.6 KG OF PEANUTS



50 CUPS OF SPINACH

Healthcare practitioners recommend supplementing with Ubiquinol in capsule form each day in order to achieve daily recommended amounts.

Key Facts

- Ubiquinol is a powerful antioxidant, which occurs naturally in the body, as well as some foods.
- Ubiquinol is 3-8 times more bioavailable than Ubiquinone, which must be converted to Ubiquinol before use in the body.
- Ubiquinol plays a vital role in supporting cellular energy.
- As we age, Ubiquinol concentration in the body decreases year by year.
- Depleted Ubiquinol ratio is associated with stress and physical over exertion.

Ubiquinol vs. Ubiquinone

Ubiquinol = “Ready-to-use” CoQ10

- Ubiquinol is the active antioxidant form that is responsible for the powerful benefits associated with CoQ10
- Ubiquinol has superior bioavailability to ordinary Ubiquinone
- Ubiquinol is 3-8 TIMES MORE ABSORBABLE than Ubiquinone²⁻⁴
- Ubiquinol is the most effective form of CoQ10
- CoQ10 has been the focus of hundreds of studies over the years, with the spotlight now firmly on Ubiquinol, the active form of CoQ10.



55 CLINICAL STUDIES

focussing on Ubiquinol and its benefits highlight the

SUPERIOR EFFICACY

of Ubiquinol over CoQ10.

Ubiquinol for Statin associated Myopathy

Patients taking statin medications to control cholesterol levels often experience myopathy (muscle weakness and pain) as a side effect.

Clinical research shows potential for the supplementation of Ubiquinol for those people taking statin drugs with reported myopathy side effects.

In a 2012 study, researchers examined the effects of Ubiquinol in patients with statin myopathy.⁵ After six months of supplementing with 60 mg Ubiquinol per day, there was a significant decline in muscle pain by 54% and reduced muscle weakness by 44%.

Ubiquinol for heart failure (HF)

A study in 2014 revealed long-term CoQ10 treatment of patients with HF improves symptoms and reduces adverse cardiovascular events.⁶

A 2015 study revealed higher serum levels of ubiquinol are associated with lower serum levels of NT-proBNP (indicator of HF) in healthy people, opening up the opportunity for research into the efficacy of ubiquinol as a protective factor for HF patients.⁷

Ubiquinol for energy

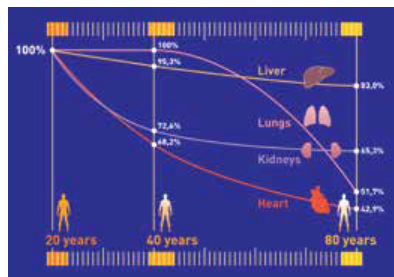
CoQ10 promotes energy production in the mitochondria.

A study in 2013 demonstrated enhanced physical performance with six weeks of daily supplementation of 300mg Ubiquinol, as measured by maximum power output.⁸

The effect of Ubiquinol supplementation significantly enhanced peak power production in comparison to placebo.⁸

Ubiquinol Health Benefits

- ✓ Enhanced absorption compared to Ubiquinone
- ✓ Highly efficient antioxidant activity
- ✓ Maintenance of healthy LDL cholesterol levels in healthy people
- ✓ Supports healthy energy synthesis
- ✓ Helps maintain a healthy cardiovascular system
- ✓ May be of benefit to people experiencing increased oxidative stress as occurs with normal healthy ageing
- ✓ Helps maintain and support sperm health, sperm motility and sperm production



Ubiquinol and Ageing

The concentration of CoQ10 in the body decreases year by year, indicating that it has a close relationship with ageing.

Older individuals may have decreased CoQ10 levels, as well as impaired ability to efficiently convert Ubiquinone to Ubiquinol due to:

- Increased metabolic demand
- Disease
- Oxidative stress
- Insufficient CoQ10 intake
- Deficiency of factors required for biosynthesis and conversion
- Gene mutation
- Statin (cholesterol lowering drug)

Studies show that at around 30-years-old, Ubiquinol levels in the body begin to decrease.

Stephen Eddey

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ATMS Head of Nutrition

"For more than twenty years now I have been working in the Nutritional Medicine field. I won't recommend or take any supplements that don't have solid scientific back-up to support its benefits. The great news is that Ubiquinol has the plethora of scientific data in human trials to support its vast benefits in areas such as:

- ✓ **CARDIOVASCULAR DISEASE**
- ✓ **AGEING**
- ✓ **LOW ENERGY**
- ✓ **POOR IMMUNE FUNCTION**
- ✓ **ATHLETIC PERFORMANCE**

I would recommend anyone take Ubiquinol to improve their wellness, especially if you want more energy and to perform at your peak daily. I take 200mg every day because, as an amateur athlete, I want to feel full of energy to take on the day, whatever it holds."

ABOUT KANEKA: Kaneka Corporation, established in 1949 and headquartered in Japan, provides diversified products including pharmaceutical intermediates and food supplements, amongst others. Kaneka is acknowledged as the world leader in CoQ10 production, using patented original manufacturing. The next generation of CoQ10, Kaneka Ubiquinol™ is supported by more than 10 years of research. Kaneka Ubiquinol™ is the only supplemental Ubiquinol ingredient available today and is utilised in hundreds of consumer products around the world. Kaneka Ubiquinol™ is now being shown in repeated clinical trials as the most effective and powerful form of CoQ10 available. Kaneka is the sole manufacturer of stabilised and regulatory approved Ubiquinol globally.

MORE INFORMATION: Visit www.ubiquinol.net.au. Ubiquinol is available through leading Australian nutritional supplementation brands. Ask your health practitioner or local pharmacist for the best product for you. Always read the label. If symptoms persist, consult your healthcare professional.