Kaneka Ubiquinol® for Healthy Aging

Cells need energy to do their jobs and protection from everyday wear and tear. Coenzyme Q10 (CoQ10) helps cells make energy in the mitochondria. The active antioxidant form of CoQ10, ubiquinol, helps protect parts of cells from damage caused by oxidative stress.

What It Is

Kaneka Ubiquinol is a stabilized, fermentation-derived form of ubiquinol that is bioidentical chemically identical to the ubiquinol found in the body. The body can convert ubiquinone, another form of CoQ10, to ubiquinol. The body's ubiquinol levels decrease with age.

How It Helps

- **Supports cellular energy production.** Ubiquinol helps mitochondria produce energy.
- **Provides antioxidant protection.** Ubiquinol helps protect fats in cell membranes from oxidation.
- **Supplies ubiquinol directly to the body.** Kaneka Ubiquinol contains the active antioxidant form of CoQ10 and has been shown to be 3x better absorbed than conventional CoQ10.

Research Findings

- In a study of adults over 65, higher blood CoQ10 levels were associated with better physical capacity.
- Clinical research demonstrates Ubiquinol levels increase by about 5 times compared to baseline in healthy younger adults taking 100 mg Ubiquinol daily for at least 30 days Amounts Used in Research
- Human studies have used varied amounts and durations. The Kaneka Ubiquinol absorption study used 90, 150, or 300 milligrams (mg) daily for four weeks. These are study amounts, not necessarily recommended doses.

What Makes This Ingredient Unique

- Bioidentical ubiquinol produced by yeast fermentation
- Stabilized to protect the reduced form from oxidation during manufacturing and storage
- Supplies the active antioxidant form of CoQ10 directly
- Studied for how well it is absorbed

Where It Is Used

- Healthy aging
- Cellular energy support
- Antioxidant protection

About Kaneka Nutrients

Kaneka Nutrients is a global leader in ubiquinol and CoQ10 innovation. It makes the ubiquinol ingredient used in many quality supplement brands. Learn more at **ubiquinol.org.**

SOURCES **"Age-dependent loss of mitochondrial function in epithelial tissue can be reversed by coenzyme Q10"** by D. Schniertshauer et al., *Journal of Aging Research*, 9/16 ■ **"Levels of plasma coenzyme Q10 are associated with physical capacity and cardiovascular risk in the elderly"** by R. de la Bella-Garzón et al., *Antioxidants*, 1/29/22 ■ **"Redox status of coenzyme Q10 is associated with chronological age"** by H. Wada et al., *Journal of American Geriatrics Society*, 7/07 ■ **"Safety and bioavailability of ubiquinol (Kaneka QH) after single and 4-week multiple oral administration"** by K. Hosoe et al., *Regulatory Toxicology and Pharmacology*, 2007