Kaneka Ubiquinol® for Heart Health

Coenzyme Q10 (CoQ10) is a substance the body uses to help cells produce energy. Ubiquinol is the reduced form of CoQ10 and has antioxidant activity that helps protects cells from oxidative stress. In a randomized, clinical trial of adults with elevated cholesterol, supplementation with Kaneka Ubiquinol® improved the ability of blood vessels to widen in response to changes in blood flow.

What It Is

Kaneka Ubiquinol is a stabilized, fermentation-derived form of ubiquinol—the reduced form of CoQ10 that occurs naturally in the body. CoQ10 also comes in a form called ubiquinone, the oxidized form, which the body can convert to ubiquinol. Research suggests that supplemental ubiquinol may be significantly more bioavailable than conventional CoQ10.

How It Helps

- Supports mitochondrial energy production in cells lining blood vessels
- Provides antioxidant protection against oxidation of LDL cholesterol, which can fuel inflammation and lead to plaque formation in artery walls
- Supports nitric oxide availability, which helps blood vessels relax

Research Findings

- In a randomized, placebo-controlled trial published in *Nutrients* in 2020, 51 adults with elevated LDL cholesterol and impaired blood vessel function received 100 milligrams (mg) or 200 mg of Kaneka Ubiquinol daily, or placebo, for eight weeks
- Blood vessels' ability to widen as blood flow increased improved by about 37% in the 100 mg group and 35% in the 200 mg group

Amounts Used in Heart Health Research

- 100 mg or 200 mg daily for eight weeks

What Makes This Ingredient Unique

- Bioidentical, yeast-fermented ubiquinol
- A stabilized form of the antioxidant form of CoQ10
- Studied in a controlled human trial of endothelial function

Where It's Used

- Cardiovascular wellness
- Healthy aging
- Antioxidant support

About Kaneka Nutrients

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

"Comparison study of plasma coenzyme Q10 levels in healthy subjects supplemented by ubiquinol versus ubiquinone" by P.H. Langsjoen and A.M. Langsjoen, *Clinical Pharmacology in Drug Development*, 1/14 ■ **"Ubiquinol ameliorates endothelial dysfunction in subjects with mid-to-moderate dyslipidemia: A randomized clinical trial"** by J. Sabbatinell et al., *Nutrients*, 2020