Kaneka Ubiquinol® for Perimenopause/Menopause/Post-Menopause

Hormonal changes during perimenopause can affect mood, sleep, and energy. Coenzyme Q10 (CoQ10) helps cells produce energy. One form of CoQ10, ubiquinol, also acts as an antioxidant, helping protect cells from oxidative stress.

What It Is

Kaneka Ubiquinol is a stabilized, fermentation-derived form of ubiquinol chemically identical to the ubiquinol found in the human body. CoQ10 also exists as ubiquinone, which the body can convert to ubiquinol.

How It Helps

- Supports normal cellular energy production
- Helps protect cells from oxidative stress
- Supports general well-being during midlife

Consumer-Use Findings

- In a 2024 consumer-use study conducted by French research institute Expansion Consulteam for Kaneka, 200 women ages 45 to 55 took 200 milligrams (mg) of Kaneka Ubiquinol daily for two months. After 30 days, 80% reported improved mood or feeling more emotionally stable. At two months, 80% reported less stress, irritability, and sensitivity; 70% reported better sleep quality, less muscle pain, and improved well-being.

Amounts Used in Consumer-Use Study

- 200 mg daily for two months

What Makes It Unique

- Bioidentical, fermentation-derived ubiquinol
- Stabilized to protect its antioxidant form
- Supplies the antioxidant form of CoQ10 directly to the body

Where It Is Used

- Midlife wellness
- 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.**

SOURCE **Kaneka Ubiquinol consumer research study.** Expansion Consulteam. 2024.