

# Ubiquinol

CoQH 100 mg



Recommended by  
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## DESCRIPTION

Ubiquinol is the reduced (electron-rich) form of Coenzyme Q10. It is identical to the CoQ10 produced by the body and is already activated, bypassing the need for conversion.

## FUNCTIONS

Ubiquinol is an integral part of the body's antioxidant defense system. Antioxidant nutrients are necessary to protect the body from the destructive effects of harmful molecules that cause oxidation. As a lipid-soluble antioxidant it actively eliminates peroxy radicals, hydroperoxy radicals and lipid peroxides in biological membranes. Ubiquinol also regenerates oxidized vitamin E, restoring its antioxidant function. Supplementation with ubiquinol has been shown to increase the resistance of LDL cholesterol to oxidation in human subjects. Evidence suggests that oxidative stress contributes to the development of many common health problems, including atherosclerosis and diabetes mellitus. Ubiquinol is also a carrier of electrons in the mitochondrial electron transport chain that plays a role in ATP synthesis. It is present in large quantities in tissues with very high metabolic demands, such as cardiac muscle. Numerous studies have shown that supplementation with ubiquinol may support cardiac health

## INDICATIONS

Ubiquinol may be a useful dietary supplement for those who wish to support mitochondrial or cardiovascular health or enhance antioxidant protection.

## SUGGESTED USE

As a dietary supplement, adults take 1 softgel capsule, 1 to 3 times daily with meals, or as directed by a healthcare professional.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

## FORMULA (WW #10247)

### 1 Softgel Capsule Contains:

Ubiquinol CoQH..... 100 mg  
(Reduced form of CoQ10)

Other Ingredients: Softgel (gelatin, vegetable glycerin, caramel, titanium dioxide, water), olive oil, ascorbyl palmitate, soy lecithin. Contains Soy

Kaneka Ubiquinol™ is manufactured by Kaneka one of the world's leaders in natural pharmaceutical grade CoQ10. It is produced through a patented process that stabilizes this reduced form of CoQ10 against oxidation.

This product contains NO sugar, salt, dairy, yeast, wheat, gluten, corn, preservatives, artificial colors or flavors

## SIDE EFFECTS

Warning: Please consult with a healthcare professional before taking ubiquinol if you are taking warfarin (Coumadin®) or antihypertensive drugs.

## STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

## REFERENCES

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- Langsjoen PH and Langsjoen AM. Supplemental ubiquinol in patients with advanced congestive heart failure. Biofactors. 2008;32(1-4):119-128.
- Langsjoen PH and Langsjoen AM. Overview of the use of CoQ10 in cardiovascular disease. Biofactors. 1999;(9):273-284.
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- Thomas S, Neuzil J, Mohr D et al. Coantioxidants make  $\alpha$ -tocopherol and efficient antioxidant for low density lipoprotein. Am J Clin Nutr. 1995; 62(suppl):1357S-64S.
- WebMD web site. Coenzyme Q-10. Accessed 7/28/12.

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