



**Code:** 9315

**Size:** 60 Softgels

**Actual Size:** 15 mm x 9 mm



## Ubiquinol CoQ10

**Bioactive and Reduced Form**

**High Absorption and Enhanced Stability • 100 mg**

- Offers a highly absorbable and bioavailable form of CoQ10
- Increases plasma levels of CoQ10 significantly more per mg compared to ubiquinone
- Allows for higher peak plasma levels of CoQ10, especially when higher plasma CoQ10 are required
- Kaneka Q+ brand for ubiquinol is naturally produced via yeast fermentation, and is free of the impurities of synthetically processed CoQ10
- A base of organic flaxseed oil improves solubility
- GMO free, allergen free, and Kosher certified

### PRODUCT SUMMARY

CoQ10 is commonly called ubiquinone because it is ubiquitous throughout the body and found in nearly every cell. The active form of the molecule, ubiquinol, is a fat-soluble antioxidant that supports healthy fats such as those that make up cellular and mitochondrial membranes, as well as both HDL and LDL cholesterol.\* However, CoQ10's most important role is in cellular respiration, the process of generating the energy (ATP) that all cells need for optimal health.\*<sup>1-3</sup>

Because its role in energy production is so critical, it is particularly important in cells with high-energy demands, such as the heart. This helps explain why CoQ10 has shown such significant cardiovascular support for maintaining normal blood pressure already within the normal range and supporting myocardial health.\* High levels of oxidative stress often have correspondingly low levels of CoQ10.\*<sup>4-10</sup> CoQ10 is a source of antioxidant activity.\* Moderate amounts, ranging from 300–600 mg per day, have been used to increase the effects of CoQ10, help support normal fertility by maintaining ovarian and testicular health, and help maintain cardiovascular health.\*<sup>11,12</sup>

Kaneka Q+ ubiquinol provides the form of CoQ10 found in 95% of human tissues. Higher levels of ubiquinol compared to ubiquinone are a sign of better cellular support.\*<sup>13</sup> Kaneka Q+ ubiquinol has also been shown to be more soluble than ubiquinone, more effectively increasing blood levels of this nutrient so critical to energy production.\*<sup>14-16</sup> A base of organic flaxseed oil improves the solubility of ubiquinol and has heart-healthy omega-3 fatty acids. Flaxseed oil has alpha-linolenic acid, an oil associated with cardiovascular support.\*<sup>17</sup>



## UBIQUINOL COQ10

BIOACTIVE AND REDUCED FORM · HIGH ABSORPTION AND ENHANCED STABILITY · 100 MG

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natural  
natural solutions + clinical results  
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# Supplement Facts

Serving Size 1 Softgel

	Amount Per Serving	% Daily Value
Ubiquinol CoQ10 (as Kaneka Q+)	100 mg	**
Organic Flaxseed Oil ( <i>Linum usitatissimum</i> )	297 mg	**

\*\* Daily Value not established.

Other ingredients: Softgel (gelatin, glycerin, purified water, carob), beeswax, sunflower lecithin (non-GMO), vitamin E (non-GMO sunflower oil).

**Serving Size:** 1 Softgel

**Servings per Container:** 60

**Suggested Usage:** 1 softgel 1–3 times per day or as directed by a health care professional.

**Caution:** Consult a health care professional prior to use if you are pregnant, trying to become pregnant, breastfeeding, taking medication, have a medical condition, or anticipate surgery. Keep out of reach of children.

**Contraindication:** No significant contraindications.

**Drug Interactions:** Although existing evidence has not found an interaction, CoQ10 resembles vitamin K structurally, potentially interfering with the anticoagulant warfarin. Close monitoring of the INR is recommended with CoQ10 introduction in these patients.<sup>18</sup>

**Contains no artificial colors, preservatives, or sweeteners; no dairy, starch, sugar, wheat, gluten, yeast, soy, corn, egg, fish, shellfish, salt, tree nuts, or GMOs.** Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

## References

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