

# Ubiquinol QH

Active antioxidant form of CoQ<sub>10</sub>; Support for energy metabolism and cardiovascular health †

## INDICATIONS

- Ages 18 and up
- Cellular energy and cardiovascular support†

## BENEFITS

- Supports the production of ATP for energy†
- Promotes cardiovascular health†
- Provides antioxidant support†

## FEATURES

- Active antioxidant form of CoQ<sub>10</sub>
- Made with high-quality ingredients backed by verifiable science

## VERIFIABLE SCIENCE

Ubiquinol is the active antioxidant form of CoQ<sub>10</sub> (ubiquinone). The presence of two additional hydrogen atoms allow ubiquinol to work as an antioxidant. Ubiquinol comprises the majority of the ubiquinone/ubiquinol pool in the plasma of healthy subjects. Ubiquinol may be especially important for older individuals and subjects with greater levels of oxidative or physical stress. Ubiquinol may be indicated for individuals who fail to respond to regular CoQ<sub>10</sub> supplementation (possibly due to poor conversion of CoQ<sub>10</sub> to ubiquinol in the body).<sup>1</sup> Research suggests that it may be more readily absorbed than ubiquinone.<sup>2</sup> In a comparison study involving healthy subjects, supplementation with 200 mg ubiquinol for 4 weeks increased plasma total CoQ<sub>10</sub> from 0.9 to 4.3 µg/mL (p<0.001) compared to 0.9 to 2.5 µg/mL with ubiquinone. It was also noted that ubiquinol supported a healthy ratio of CoQ<sub>10</sub> to lipids.<sup>3</sup> In addition to its antioxidant benefits, some evidence suggests that ubiquinol supports healthy ejection fraction and mitral valve function.<sup>4</sup> The safety, tolerability, and oral bioavailability of ubiquinol have been confirmed in single dose and 4-week multiple dose studies. Significant gastrointestinal absorption was confirmed with no clinically significant adverse effects.<sup>5†</sup>

## SUGGESTED USE

Ubiquinol-QH 50 mg and 100 mg

As a dietary supplement, take 1 capsule, 1-2 times daily, with meals.

Ubiquinol-QH 200 mg

As a dietary supplement, take 1 capsule daily, with a meal, or as directed by a health professional.

## STORAGE

Store in a cool, dry place.

## WARNING

If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

## SOURCE

- CoQ<sub>10</sub> is produced by microbial (yeast) fermentation. There is no residual yeast in the final product
- Medium chain triglycerides are derived from palm oil
- Gelatin is bovine-derived. Lecithin is derived from sunflower
- Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil

## NOTES

Ubiquinol-QH 50 mg

Size 10 softgel

Bottle count 60

Order code UQ56

Bottle size 75 cc

Ubiquinol-QH 100 mg

Size 14 softgel

Bottle count 60

Order code UQ16

Bottle size 190 cc

# Ubiquinol QH

Active antioxidant form of CoQ<sub>10</sub>; Support for energy metabolism and cardiovascular health †

Ubiquinol-QH 200 mg

Size 16 softgel

Bottle count 60

Order code UQ26

Bottle size 190 cc

## REFERENCES

1. Aejmelausa R, et al. *Mol Aspects of Med.* 1997. 18(1); 113-120.
2. Evans M, et al. *Journal of Functional Foods.* 2009; 1(1): 65-73.
3. Langsjoen PH, et al. *Clinical Pharmacology in Drug Development.* 2014. 3(1); 13-17.
4. Langsjoen et al. *Biofactors.* 2008;32(1-4):119-28.
5. Hosoe K, et al. *Regul Toxicol Pharmacol.* 2007 Feb;47(1):19-28.

## SUPPLEMENT FACTS

**1 capsule, 1-2 times daily, with meals.**

**Each (size 10) softgel capsule contains:**

Kaneka Ubiquinol™ (active antioxidant form of coenzyme Q<sub>10</sub>) 50 mg  
Other ingredients: medium chain triglycerides, gelatin capsule (gelatin, glycerin, water), ascorbyl palmitate, sunflower lecithin, beeswax, annatto extract in sunflower oil

Q+®, Kaneka Ubiquinol™ and the quality seal™ are registered or pending trademarks of Kaneka Corp.

The use of ascorbyl palmitate in the formulation is covered by U.S. Patent 6,740,338.



| Ubiquinol-QH 50 mg | Quantity | Order Code |
|--------------------|----------|------------|
|                    | 60       | UQ56       |

**1 capsule, 1-2 times daily, with meals.**

**Each (size 14) softgel capsule contains:**

Kaneka Ubiquinol™ (active antioxidant form of coenzyme Q<sub>10</sub>) 100 mg  
Other ingredients: medium chain triglycerides, gelatin capsule (gelatin, glycerin, water), ascorbyl palmitate, sunflower lecithin, beeswax, annatto suspension in sunflower oil

Q+®, Kaneka Ubiquinol™ and the quality seal™ are registered or pending trademarks of Kaneka Corp.

The use of ascorbyl palmitate in the formulation is covered by U.S. Patent 6,740,338.



| Ubiquinol-QH 100 mg | Quantity | Order Code |
|---------------------|----------|------------|
|                     | 60       | UQ16       |

**1 capsule daily, with a meal, or as directed by a health professional.**

**Each (size 16) softgel capsule contains:**

Kaneka Ubiquinol™ (active antioxidant form of coenzyme Q<sub>10</sub>) 200 mg  
Other ingredients: medium chain triglycerides, gelatin capsule (gelatin, glycerin, water), ascorbyl palmitate, sunflower lecithin, beeswax, annatto suspension in sunflower oil

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The use of ascorbyl palmitate in the formulation is covered by U.S. Patent 6,740,338.



| Ubiquinol-QH 200 mg | Quantity | Order Code |
|---------------------|----------|------------|
|                     | 60       | UQ26       |

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