



# Beginner's Guide To Ubiquinol



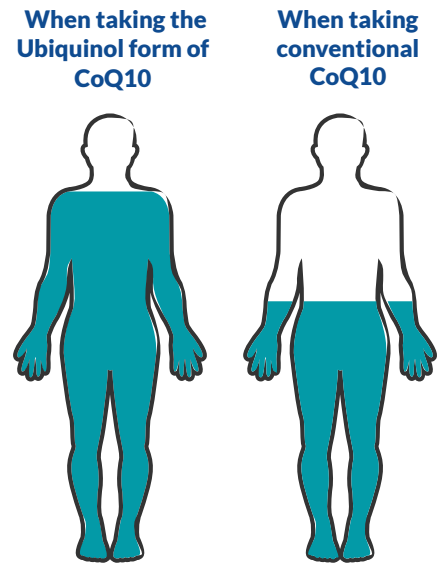
Ubiquinol has long been recognized as a superstar for heart health, and that reputation is well deserved. But there's so much more to this nutrient than just supporting your heart.

Ubiquinol plays a key role in helping your body age gracefully by balancing oxidative stress,<sup>1</sup> producing cellular energy,<sup>2</sup> and supporting your health during all adult stages of life. As we get older, our bodies aren't as efficient at converting ubiquinone CoQ10 into ubiquinol, which makes maintaining your ubiquinol levels even more important. But it's not just for older adults; even younger people can benefit from giving their cells a little extra support.

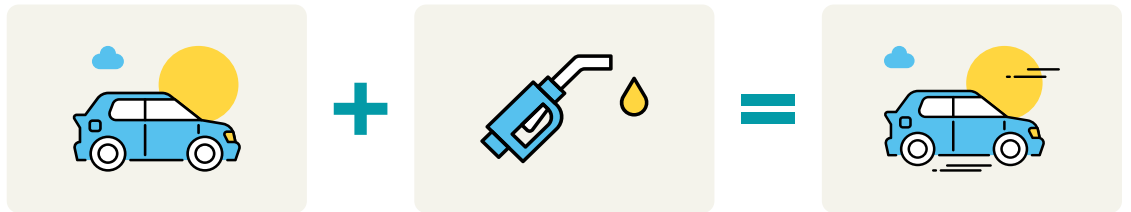
In this beginner's guide, we'll give you all the information you need to understand what ubiquinol is, the benefits of ubiquinol, and if you or a loved one should consider taking a ubiquinol supplement.

# What Is The Ubiquinol Form Of CoQ10?

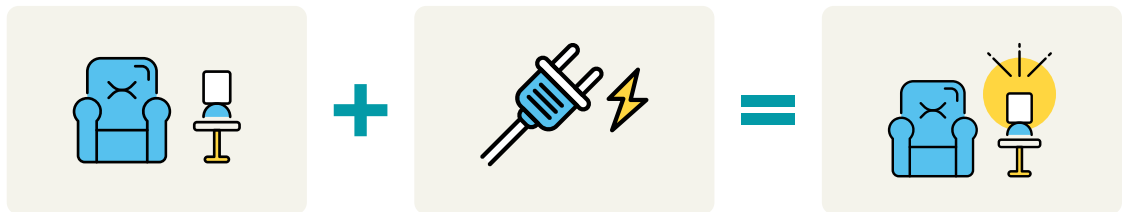
Many people are surprised to learn that CoQ10 exists in the body in two main forms with important differences. In a healthy adult, 95% or more of the total CoQ10 in the blood is in the ubiquinol form. The body switches back and forth between the ubiquinone form of CoQ10 and its active antioxidant form, ubiquinol, and this process helps produce the cellular energy that powers your heart, lungs, and vital organs. Ubiquinol is an essential component of cellular energy production, mitochondrial health, healthy aging, and more.



**Cars are powered by gas**



**Lamps are powered by electricity**



**Your body is powered by cellular energy**



# Who Should Take Kaneka Ubiquinol®?

Kaneka Ubiquinol® is for anyone who wants support in any of these areas:

- **Cellular and mitochondrial health:** the foundation for supporting energy, resilience, and longevity<sup>3,4</sup>
- **Healthy aging,** as it combats oxidative stress and promotes daily wellness at every stage of life<sup>3,4</sup>
- **Heart health** and cardiovascular function<sup>5</sup>
- **Healthy energy levels** for your cells, which power you through work, exercise, and everyday life<sup>2</sup>
- **Women's health,** including support during menopause
- **Preconception** and reproductive health for men and women<sup>8</sup>
- **Physical and cardiovascular resilience** during strenuous exercise



## Adults over 40

Our body's ability to convert the ubiquinone form of CoQ10 to ubiquinol becomes less efficient as we age, so a ubiquinol supplement is a smart choice for all adults, especially those over 40. When ubiquinol levels decrease, this affects the antioxidant balance in the body and can lead to an increase in free radicals – causing oxidative stress, which damages cells and has aging effects.



## Nutritional support for people taking cholesterol-lowering medications

Statins, medicines that lower cholesterol levels, also lower the body's production of CoQ10, which can reduce ubiquinol levels. Over time, this can impact cellular energy production and muscle health. Kaneka Ubiquinol® effectively replenishes CoQ10 levels depleted by cholesterol medications.



### Younger adults seeking proactive wellness

Even in our 20s and 30s, the body's cells demand a steady supply of energy to keep up with an active lifestyle, work, exercise, and the stresses of modern living. Ubiquinol promotes cellular energy production and provides antioxidant protection against oxidative stress, which is especially important if you are thinking about preconception health. Additionally, ubiquinol supports a healthy oxidative balance during exercise, and throughout your day-to-day — so you can feel your best, every day.



### Women seeking support at different life stages

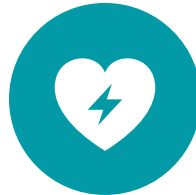
Cellular and mitochondrial health are important for everyone, but especially for women during phases like menopause and preconception. Ubiquinol's antioxidant properties play a key role in promoting women's health and well-being during these unique times of life.

# The Benefits of Taking a Kaneka Ubiquinol<sup>®</sup> Supplement

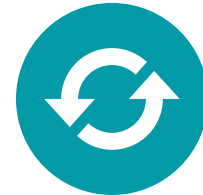
More than 85 published human clinical studies on Kaneka Ubiquinol<sup>®</sup> have been conducted. These studies and other published research demonstrate the importance of maintaining healthy ubiquinol levels and that Kaneka Ubiquinol<sup>®</sup>:



**Promotes heart health and healthy aging<sup>3,4,5</sup>**



**Is essential to promoting and maintaining cellular energy<sup>2</sup>**



**Replenishes CoQ10 levels depleted by cholesterol-lowering medications<sup>13</sup>**



**Is more bioavailable than a conventional CoQ10 supplement<sup>9,12</sup>**



**Helps reduce oxidative stress associated with strenuous exercise<sup>11</sup>**



**Supports overall wellness – including cellular, heart, menopausal, and preconception health – by helping your cells function at their best**

To learn more about the scientific and clinical research performed on Kaneka Ubiquinol<sup>®</sup>, check out [our clinical studies page](#).

# Frequently Asked Questions



## Can I get ubiquinol from food?

Ubiquinol is present in foods like chicken and steak, nuts, vegetables, and more, but much of it is converted back into the oxidized ubiquinone form when food is cooked. Small amounts can be obtained from oils, certain meats, or whole grains, but you'd have to eat excessive, and unrealistic, amounts to obtain 100mg of ubiquinol – the daily amount typically recommended for adults on supplement labels. For example, to get the same amount of ubiquinol that's present in one 100mg softgel, you'd need to eat 3.5 lbs of peanuts, 20 6-oz steaks, or 60 avocados. Taking a Kaneka Ubiquinol® supplement is the easiest way to maintain proper levels of this nutrient while following a healthy, well-balanced diet.

## How will taking a Kaneka Ubiquinol® supplement make me feel?

Ubiquinol is required for 95% of the body's cellular energy production,<sup>2</sup> but it won't give you the sudden energy boost you've experienced from caffeine or chocolate. Instead, ubiquinol works to maintain the natural energy production of the cells in the body's tissues and organs.

Many people don't "feel" a difference after taking their Kaneka Ubiquinol® supplement, and that's totally normal. Even if you can't feel it, ubiquinol is supporting your health at the cellular level – helping to promote mitochondrial health and the cellular energy needed by important organs like your heart, lungs, brain, and muscles.

# Getting Started With Your Kaneka Ubiquinol® Supplement



## Learn more about ubiquinol

To find out more about how this supplement supports heart health, cellular energy, and healthy aging, visit [www.ubiquinol.org](http://www.ubiquinol.org). There, you'll be able to dig into what ubiquinol is, how a Kaneka Ubiquinol® supplement differs from conventional CoQ10 (ubiquinone), and find answers to frequently asked questions.



## Find the right Kaneka Ubiquinol® supplement for you

Once you're ready to jump-start your wellness journey, visit [NewQ.com](http://NewQ.com) to purchase the right Kaneka Ubiquinol® supplement for you. Kaneka Ubiquinol® is found in more than 200 different supplement brands. With plenty of options, including gluten-free, dairy-free, soy-free ubiquinol capsules, you can pick the supplement that meets your needs. You can also find supplements containing Kaneka Ubiquinol® at local retailers or online stores like Amazon. For more information, check out the [Ubiquinol Buyer's Guide](#) and discover why the [Kaneka Quality Seal](#) gives you confidence in choosing your ubiquinol supplement.



## Re-order your supplement

Once you've found the right supplement for your needs, make sure you never run out. [NewQ.com](http://NewQ.com) features a subscription service that allows you to automatically refill your supplement order every 30 or 60 days.

# Continue Your Health Journey

Kaneka Nutrients is committed to helping you support your heart, cellular health, and overall well-being. Check out some of our other free, health-focused resources:



## Heart-Friendly Dinners Cookbook:

Heart-healthy meals don't have to take long. Try these quick and easy dinner ideas.

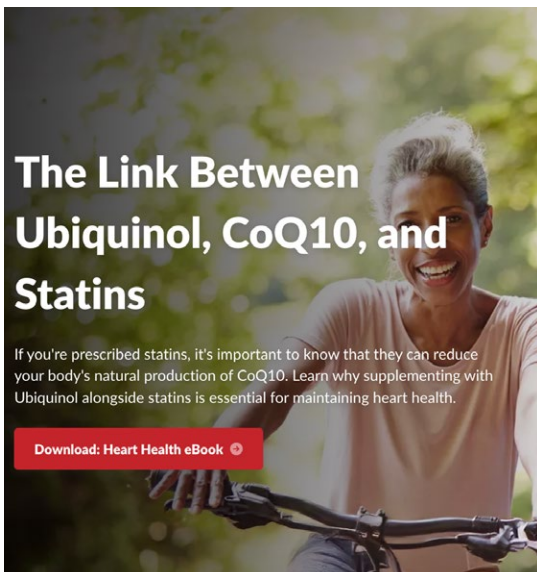
[Get your cookbook](#)



## Ubiquinol CoQ10: What is it and What Are the Benefits?

Test your knowledge on the benefits of Kaneka Ubiquinol®. You might not realize all the ways it supports your health.

[Learn More About Ubiquinol](#)



## Kaneka Ubiquinol® & Statins: Nutritional Support to Maintain Healthy Ubiquinol Levels

If you're taking a statin, a cholesterol-lowering medication, your natural ubiquinol levels may be decreased. Learn how Kaneka Ubiquinol® replenishes ubiquinol levels that can be lowered by statin use, while providing antioxidant support to protect against oxidative stress.

[Discover the Connection](#)

# Connect With Kaneka Ubiquinol® Online!



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[Ubiquinol.org](https://Ubiquinol.org)



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**\*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.**

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