

# Learn more about Ubiquinol

## What is Ubiquinol?

Your healthcare provider has recommended the nutritional supplement Ubiquinol.

Ubiquinol and CoQ10 (ubiquinone) are two forms of a nutrient that both exist naturally in the body, although each form has distinct characteristics. Ubiquinol is the active form of CoQ10 and plays a key role in the creation of cellular energy to power the heart and other organs.

Your heart and other organs are powered by cellular energy



## You may have a special nutritional need for Ubiquinol if:



### You have heart health concerns

- Ubiquinol has been shown to improve blood markers associated with heart health
- Ubiquinol promotes vascular and circulatory health



### You're over 40 years old

- Because the conversion of CoQ10 to Ubiquinol can slow down as a person ages, people over 40 may particularly benefit from Ubiquinol
- Ubiquinol is an antioxidant that protects cells from oxidative stress



### You're taking a statin

- While statins lower cholesterol in the body, they also lower levels of CoQ10
- Ubiquinol restores depleted CoQ10 to support muscle health during statin use

## How is taking Ubiquinol different from taking CoQ10?

Ubiquinol is the active form of CoQ10. The supplement Ubiquinol is better absorbed so it can get to work faster in the body than the supplement CoQ10.

## Purchase Online at NewQ.com

Use coupon code **SAVE10NOW** to save 10% on your first bottle of Ubiquinol when you purchase at **NewQ.com**. This offer is exclusive to NewQ.com and is not available at other retailers or online stores.

Visit [ubiquinol.org](http://ubiquinol.org) to learn more about Ubiquinol!

## Where can I find Ubiquinol?

Kaneka Ubiquinol® is available as an ingredient in over 200 brands. You can purchase Ubiquinol in many health food stores, supermarkets and pharmacies. Make sure to look for the Kaneka Quality Seal® on your favorite brand. There's also a Find a Retailer tool on the Ubiquinol web site: [ubiquinol.org/find-a-retailer](http://ubiquinol.org/find-a-retailer).



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.