KANEKA UBIQUINOL®

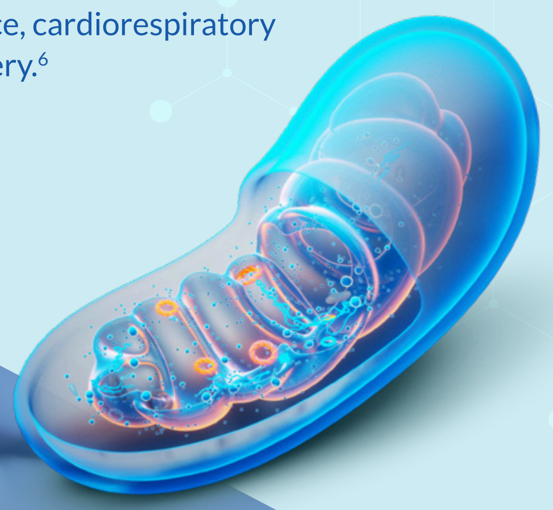
Kaneka Ubiquinol® and Sports Nutrition

Supporting Energy Metabolism and Cellular Wellness During Exercise

Ubiquinol, the active antioxidant form of coenzyme Q10 (CoQ10), plays a vital role in sports nutrition, supporting mitochondrial and cellular health. It promotes cellular energy production and neutralizes reactive oxygen species (ROS)[1,2], natural byproducts of energy metabolism that can damage proteins, lipids, and DNA over time, if their levels exceed the cells' antioxidant defenses.

Mitochondrial Health, Oxidative Stress, and Exercise

- **Mitochondria support muscle contraction** by generating adenosine triphosphate (ATP), the cell's main energy source.[3]
- **Exercise increases ATP demand**, which raises oxygen use and the production of ROS.[4]
- **Excess ROS can drive oxidative stress,** reducing muscle function and contributing to fatigue.[5]
- **High altitude can add to the physiological load** and affect endurance, cardiorespiratory performance, and recovery.[6]



Kaneka Ubiquinol® Supplementation and Exercise Performance

Ubiquinol and ubiquinone (CoQ10) are located in the mitochondrial membrane, where energy production and ROS generation occur. While both forms of CoQ10 support ATP production,[1,2] only ubiquinol acts as an antioxidant to help maintain oxidative balance during periods of increased metabolic demand.[7]

Research Shows That Kaneka Ubiquinol® Supplementation Provides Nutritional Support During Exercise By:

Neutralizing ROS

Reducing free radicals generated during strenuous exercise[7]

Supporting Cardiovascular Performance

Helping **sustain nitric oxide levels** during exercise, which supports circulation and the delivery of oxygen and nutrients[7]

Enhancing Performance in Elite Athletes

Improving peak power production in elite athletes when taken at 300 mg per day[8]

Supporting Exercise Performance at High Altitudes

- **Reducing fatigue** at high altitudes[9]
- **Promoting cardiovascular output** at high altitudes[9,10]
- **Supporting the body's capacity for efficient oxygen delivery** during exercise at high altitudes[9,10]

In a clinical study evaluating exercise performance at high altitude, participants who took 200 mg of Kaneka Ubiquinol® daily for 17 days **showed about a 50% smaller decline in cardiorespiratory** fitness than those on placebo (11% versus 21%).[10]

Kaneka Ubiquinol® is certifiable for sport within the World Anti-Doping Agency (WADA) Code.

The Kaneka Ubiquinol® Advantage

50
50 years of ubiquinone and ubiquinol research and testing

100+
Subject of 100+ research studies

18+
18+ years of positive consumer experience with Kaneka Ubiquinol® supplementation

Free of impurities commonly found in synthetic CoQ10

Bioidentical to the ubiquinol naturally produced in the human body

USA
Made in the USA

Read the Fact Sheet

KANEKA NUTRIENTS

MADE WITH QUALITY® KANEKA UBIQUINOL

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