Made in USA

Ubiquinol and Women's Wellness: Supporting Mitochondrial Health

Ubiquinol, the active antioxidant form of coenzyme Q10 (CoQ10), plays a vital role in mitochondrial and cellular health by promoting cellular energy production and antioxidant action, thus supporting women's health throughout adulthood.

As ubiquinol levels decline with age, the increase of free radicals associated with aging can contribute to oxidative stress, which may affect mitochondrial and cellular function, leading to common conditions associated with aging.

Mitochondrial Health, Oxidative Stress, and Women's Health

Women's health is uniquely influenced by reproductive biology, monthly cycles, and menopause. The response of mitochondria to cellular energy demands and oxidative stress associated with these stages can affect overall health.

- Chronic oxidative stress affects mitochondrial function, influencing **how cells produce energy** and maintain homeostasis.[1]
- Mitochondrial efficiency and oxidative stress may influence **ovarian reserve** and the availability of healthy eggs.[2,3]
- **Decreased estrogen levels** contribute to an increase in oxidative stress observed during menopause.[4]
- Reduced mitochondrial function and increased oxidative stress during the menopausal years are associated with **changes in lipid profiles** that can influence cardiovascular health.[4]
- Oxidative stress is linked to the **oxidation of LDL cholesterol** and cell membranes, which can affect vascular health and endothelial function, particularly with aging.[5,6]

Ubiquinol and Women's Health

Preconception Health Benefits

Ubiquinol, a powerful, lipid-soluble antioxidant, supports:

- Mitochondrial function essential for egg health[2,7]
- Cellular energy requirements for healthy oocyte and egg function[7,8]
- Mitigation of excess ROS, protecting reproductive cells from oxidative stress[9]

Healthy Aging Benefits

Kaneka Ubiquinol® supplementation helps maintain a healthy CoQ10 balance, which is essential for:

- Cardiovascular health[13]
- Muscle health in older adults[16]
- Physical functioning in older adults[16,17]

Menopausal Well-Being Benefits

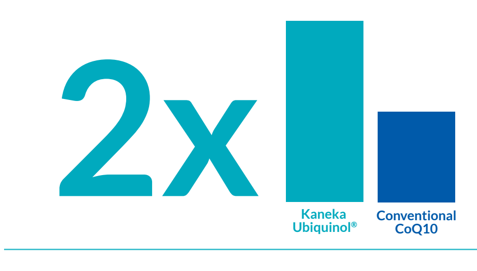
- Kaneka Ubiquinol® supports general health and well-being during and after menopause.[10,11]
- In a consumer use study, 80% of menopausal women taking 200 mg of Kaneka Ubiquinol® per day reported decreased irritability, sensitivity, stress, and mood swings after 60 days of supplementation.[12]

Cardiovascular Health Benefits

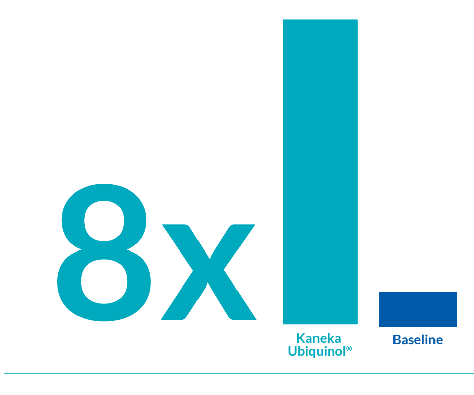
Kaneka Ubiquinol® supplementation is shown to:

- Support the high energy requirements of the heart[12]
- Protect LDL cholesterol from oxidation[13,14]
- Support vessel health[13]
- Replenish CoQ10 blood levels depleted by statin cholesterol medicines[15]

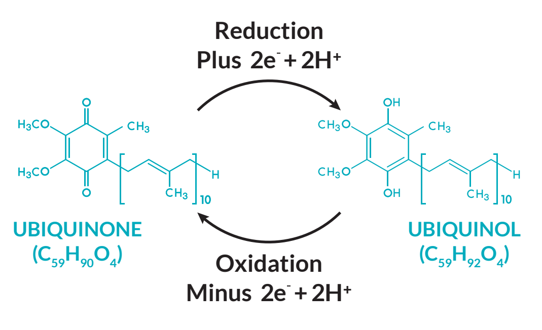
Studies reveal that Kaneka Ubiquinol® is more bioavailable than conventional CoQ10 supplements and increases blood ubiquinol levels.



Kaneka Ubiquinol® is **2x better absorbed** than conventional CoQ10 supplements.[18]



Research demonstrates that 200 mg of Kaneka Ubiquinol® **increases ubiquinol levels by approximately 8x** compared to baseline in healthy adults when taken daily for at least 30 days.[19]



Unlike CoQ10, Ubiquinol requires **no conversion** to be absorbed in the body to perform its antioxidant functions.[13,20]

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

Download the White Paper

Nutrients.Sales@Kaneka.com
KanekaNutrients.com

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