

## Mitochondrial Health, Cardiovascular Wellness, and Kaneka Ubiquinol®

Ubiquinol, the active antioxidant form of coenzyme Q10 (CoQ10), is naturally present in the body's cells, tissues, and organs and is vital for maintaining cellular integrity and function.

It supports cardiovascular health by aiding cellular energy generation and neutralizing free radicals, helping protect mitochondria from oxidative damage.

However, ubiquinol levels decline with age. At the same time, the increase of free radicals associated with aging can contribute to oxidative stress, which may impact mitochondrial and cellular function.

### The Impact of Mitochondrial Health on Cardiovascular Wellness

**Oxidative stress**—an imbalance between free radicals and antioxidants—can affect mitochondrial function and overall cellular health.

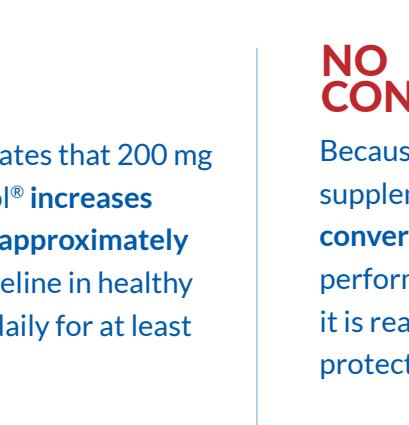
The high metabolic rate of the mitochondria in the heart's cells results in elevated free radical production, leaving the heart's cells vulnerable to oxidative damage. Free radicals can also react with low-density lipoprotein (LDL) cholesterol in the blood, leading to oxidized LDL, which may influence endothelial function and vascular health.

Because mitochondria generate most of the cell's energy—and are also a primary source of free radical production<sup>1</sup>—maintaining their function is essential for cardiovascular wellness.

When mitochondrial function declines due to oxidative stress and aging, the resulting cellular changes may, over time, affect organs and systems, leading to common age-related health conditions.<sup>2,3</sup>

### The Role Kaneka Ubiquinol® Plays in Cardiovascular Health

Research shows that Ubiquinol supplementation supports cardiovascular health by:



Supporting vascular health by aiding healthy vasodilation and maintaining nitric oxide levels<sup>5</sup>

Helping to protect LDL from oxidation<sup>7</sup>

Replenishing CoQ10 blood levels affected by statin cholesterol medicines<sup>8</sup>

### Absorption and Bioactivity of Kaneka Ubiquinol®

**2x**

Kaneka Ubiquinol® has been shown to be **2x** better absorbed than conventional CoQ10.<sup>9</sup>

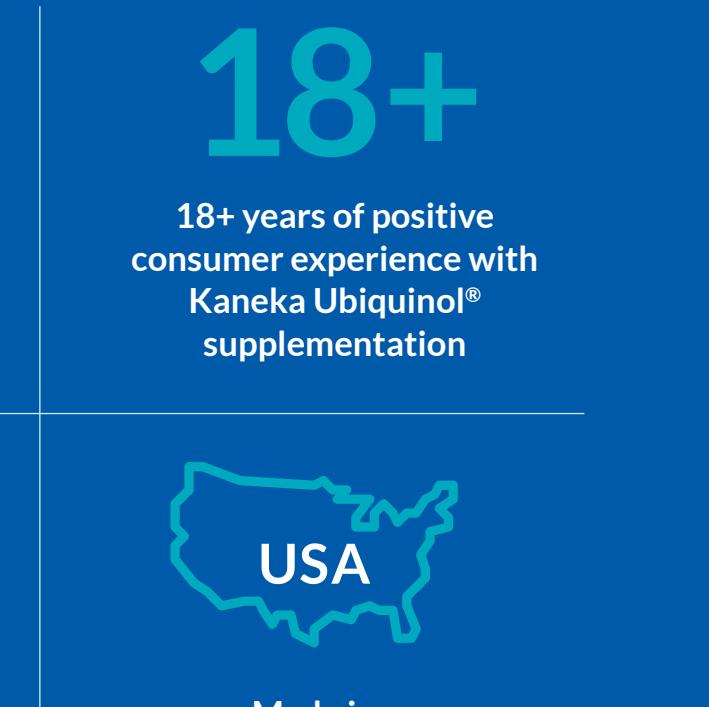
**8x**

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.<sup>10</sup>

#### NO CONVERSION

Because a Kaneka Ubiquinol® supplement requires **no conversion** in the body to perform antioxidant functions, it is readily available to provide protection at the cellular level.<sup>5,11</sup>

For those already using CoQ10, switching to Kaneka Ubiquinol® may offer enhanced absorption and bioavailability.



### The Kaneka Ubiquinol® Advantage

**50**

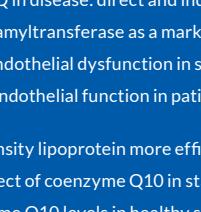
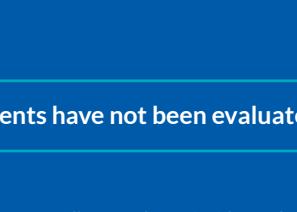
50 years of ubiquinone and ubiquinol research and testing

**100+**

Subject of 100+ research studies

**18+**

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



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.

References

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