

Ubiquinol Levels Matter Across Life Stages

Ubiquinol is the active antioxidant form of CoQ10, working within the mitochondrial membrane to support both cellular energy production and antioxidant defense.

The ratio of ubiquinol to ubiquinone, commonly referred to as CoQ10 balance, is one measure used in clinical research to evaluate oxidative stress. The more this balance tilts toward ubiquinol, the less the oxidative stress.

Ubiquinol is found naturally in almost **every human cell**.¹ Ubiquinol is concentrated where reactive oxygen species (ROS) are produced.²

Ubiquinol’s Role in the Mitochondrial Membrane

Lipid-soluble and located within the mitochondria, ubiquinol is positioned at the source where ROS are generated by the electron transport chain (ETC). Ubiquinol helps:

- +

Support cellular energy generation

Transferring electrons between complexes on the ETC to drive adenosine triphosphate (ATP) synthesis.¹

+

Provide antioxidant defense at the source

Neutralizing ROS formed during energy metabolism and protecting mitochondrial membranes from oxidative damage.³

+

Maintain redox balance

The ubiquinol/ubiquinone ratio in the blood is a recognized indicator of oxidative stress. The ratio of ubiquinol to ubiquinone declines with age, reflecting greater oxidative burden.^{4,5}
- ## What the Research Shows
- Research demonstrates a positive association between circulating CoQ10 status, percentage of plasma ubiquinol, and measures of health and physical function across life stages.
- 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.⁶
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- ### Cardiovascular Wellness
- Higher blood ubiquinol levels are associated with markers of heart health in healthy elderly adults.^{7,8}
 - Ubiquinol has been shown to benefit vessel health by facilitating proper vasodilation, enhancing nitric oxide production, and protecting LDL cholesterol from oxidation.⁹
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- ### Healthy Aging
- A lower percentage of plasma ubiquinol is associated with reduced muscle strength (measured as hand grip) in older adults.¹⁰
 - Higher plasma total CoQ10 is associated with overall physical functioning in older adults.¹¹
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- ### Sports Nutrition
- Kaneka Ubiquinol® supplementation promotes energy metabolism and supports athletic performance in elite athletes.¹²
 - Higher blood ubiquinol levels correlate with a decrease in fatigue that is commonly felt when adjusting to high altitude.^{13,14}
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- ### Preconception Health
- For women:** Ubiquinol supports a healthy oxidative balance, a key factor in female preconception health.¹⁵
 - For men:** Seminal ubiquinol levels are correlated with sperm count and motility.¹⁶ Kaneka Ubiquinol® supports healthy sperm function, including morphology, concentration, and motility.^{17,18}
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- ### Menopausal Well-Being
- Oxidative stress markers increase after menopause, and antioxidant capacity is decreased in postmenopausal women.^{19,20}
 - Higher oxidative stress may put a strain on ubiquinol levels,⁴ which could affect mitochondrial function over time.^{21,22}
- 3x
- Kaneka Ubiquinol® is 3x better absorbed than a conventional CoQ10 supplement^{6,23}
- No Conversion Needed
- No conversion required to perform antioxidant functions^{9,24}
- ## The Kaneka Ubiquinol® Advantage
- 30+
- 30+ years of ubiquinol research and testing
- 100+
- Subject of 100+ human clinical studies
- 18+
- 18+ years of positive consumer experience with Kaneka Ubiquinol® supplementation
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- Free from cis-isomers produced during synthetic CoQ10 manufacturing
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- Bioidentical to the ubiquinol naturally produced in the human body
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- Made in the USA
- Read the White Paper
- kaneka

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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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