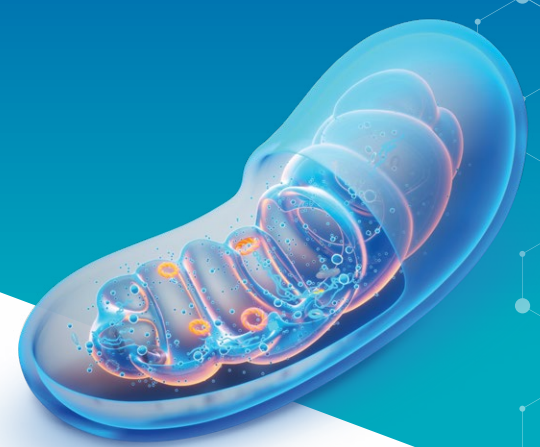


The Science of Aging: Ubiquinol's Role in Mitochondrial Health

Ubiquinol, the active antioxidant form of coenzyme Q10 (CoQ10), is naturally found throughout the body. It supports physiological processes crucial for healthy aging by aiding energy generation and neutralizing harmful free radicals.

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



The Impact of Mitochondrial Health on Healthy Aging

Mitochondrial health and proper function are vital for supporting healthy aging. Mitochondria generate most of the energy needed for cell activities. They are also the primary source of free radical production.¹

Mitochondria help maintain the overall health of the body by:

- **Maintaining** cellular homeostasis
- **Initiating** repair mechanisms to help limit the spread of oxidative damage
- **Regulating** gene expression, including those involved in the immune response



When these functions falter, it can trigger cellular changes that, over time, may lead to common age-related health conditions.^{2,3}

The Role Kaneka Ubiquinol® Plays in Healthy Aging

2x

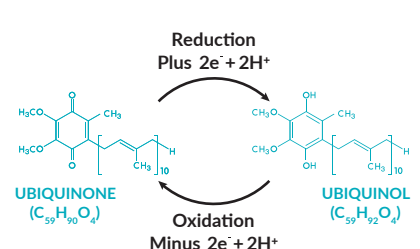


Kaneka Ubiquinol® has been shown to be 2x better absorbed than conventional CoQ10.⁴

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.⁵



Ubiquinol requires **no conversion** in the body to perform its antioxidant functions, making it immediately available to protect at the cellular level.^{6,7}

Kaneka Ubiquinol® supplementation can help maintain a healthy CoQ10 balance,⁶ which is essential for:



Cardiovascular health⁶



Muscle health in older adults⁸



Physical functioning in older adults^{8,9}



General health and well-being during and after menopause^{10,11}

The Kaneka Ubiquinol® Advantage

50

50 years of ubiquinone and ubiquinol research and testing

100+

Subject of 100+ clinical 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



Made in the USA

[Read the White Paper](#)

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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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