



Kaneka Ubiquinol® and Preconception Health

Kaneka Ubiquinol®, manufactured exclusively by Kaneka Nutrients, supports male and female reproductive health.

Ubiquinol, the active antioxidant form of CoQ10, is found naturally throughout our cells, tissues, and organs. **As one of the most potent antioxidants, ubiquinol supports preconception health, helping to protect both sperm and ova against oxidative stress.** It also plays a role in supporting healthy mitochondrial function and cellular energy production in reproductive cells, which is necessary for sperm motility and morphology as well as oocyte quality and maturation.

As we age, our natural ubiquinol levels decrease, which can lead to a rise in oxidative stress. Modern lifestyle and environmental factors, including stress and diets lacking in nutrient-dense foods, also contribute to oxidative stress. Research demonstrates a correlation between increased oxidative stress and declines in sperm health, ovum quality and, especially in women 35 and older, ovarian reserve.¹³

Ubiquinol helps neutralize oxidative stress, a factor linked to reproductive health in both men and women. As a lipid-soluble antioxidant, ubiquinol plays a key role in protecting reproductive cells from oxidative damage.¹²

Kaneka Ubiquinol® Promotes Sperm Motility, Sperm Count, and Sperm Morphology



In an open label study, **sperm motility improved up to 26% and sperm count increased up to 53%** compared to baseline after 6 months of daily supplementation.⁴



A retrospective study **found improvements in sperm morphology up to 24%** compared to baseline after 6 months of daily supplementation.⁵

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.



Absorption and Bioactivity

As the active antioxidant form of CoQ10, Kaneka Ubiquinol® has been shown to be 2x better absorbed than a conventional CoQ10 (ubiquinone) supplement.⁶

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.⁷

Unlike conventional CoQ10 supplements, Kaneka Ubiquinol® requires no conversion to be absorbed into the blood and to perform its antioxidant functions.^{8,9}

For those already using CoQ10 in fertility supplements, switching to Kaneka Ubiquinol® may offer enhanced absorption.



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Formats

Kaneka Ubiquinol® is available as a pure crystalline powder for use in the following product applications:

- Softgels
- Gummies
- Cap-within-cap
- Liposomal formulations
- Liquid capsules
- Other light- and oxygen-controlled environments

Kaneka Ubiquinol® is also available in an air-stable form as Kaneka Q30™, a 30% Ubiquinol powder. Additional applications include:

- Stick packs
- Sachets
- Soft chews

Packaging

- 1 kg or 5 kg units
- MOQ: 1 kg
- Q30 MOQ: 3 kg



Safety

Kaneka Ubiquinol® has a well-established safety profile as demonstrated by extensive clinical trial data.

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The Impact of Oxidative Stress on Female Preconception Health

Increasing evidence suggests that oxidative stress may play a role in age-related changes to oocyte quality and function. It may influence mitochondrial activity and the surrounding follicular environment, both of which are important for supporting oocyte quality and healthy maturation.^{3,10} The high energy demands of oocytes make them dependent on efficient mitochondrial function and may make them more sensitive to shifts in redox balance.^{3,11}

Acting as an antioxidant, ubiquinol promotes female preconception health by supporting:

Mitochondrial function essential for egg health¹²

Cellular energy requirements for healthy egg and oocyte function^{10,12}

Mitigation of excess reactive oxygen species (ROS), protecting reproductive cells from oxidative stress²



The Kaneka Ubiquinol® Difference

Made in the USA

Fermented from non-GMO yeast

Subject of 100+ clinical studies

Kosher certified and allergen free

Self-affirmed GRAS

Bioidentical to the body's natural ubiquinol

Compliant with USP monograph

Supporting 200+ brands

References

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