



## Kaneka Ubiquinol® and Women's Health

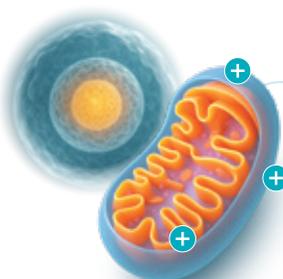
### Ubiquinol, manufactured by Kaneka Nutrients, supports women's health throughout adulthood.

As women's health needs shift across life stages, mitochondrial health remains vital, driving cellular energy production and cellular health and function throughout adulthood. Ubiquinol, the active antioxidant form of CoQ10, plays a central role in mitochondrial function, supporting energy production and protecting cells from oxidative stress.

Naturally present in the body, ubiquinol levels decline with age and can be further impacted by stress, diet, and environmental factors. This reduction may contribute to increased oxidative stress and age-related health concerns. The link between mitochondrial health, oxidative stress, and overall well-being underscores ubiquinol's role in women's health.

### Supporting Preconception Health

As a lipid-soluble antioxidant, ubiquinol promotes female preconception health by supporting:



Mitochondrial function essential for egg health<sup>1</sup>

Cellular energy requirements for healthy egg and oocyte function<sup>1,2</sup>

Mitigation of excess reactive oxygen species (ROS), protecting reproductive cells from oxidative stress<sup>3</sup>

### Supporting Cardiovascular Wellness

Clinical research shows that Ubiquinol supplementation improves certain blood markers associated with heart health and that ubiquinol status is associated with heart health.<sup>4,5</sup>

Additional studies highlight the relevance of these markers as indicators associated with cardiovascular health.<sup>6,7</sup>

#### Ubiquinol:

- + Supports vessel health<sup>8</sup>
- + Supports the high energy requirements of the heart<sup>9</sup>
- + Protects the cells from damage caused by oxidative stress<sup>10</sup>
- + Replenishes CoQ10 blood levels affected by statin cholesterol medicines<sup>11</sup>

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.<sup>12</sup>

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>13</sup>

Unlike conventional CoQ10 supplements, Kaneka Ubiquinol® requires no conversion to be absorbed in the blood and to perform its antioxidant functions,<sup>14</sup> such as protecting LDL from oxidation.

For those already using CoQ10, switching to Kaneka Ubiquinol® offers enhanced absorption.

### Cellular Energy Production

Ubiquinol is the antioxidant form of CoQ10 that helps maintain the integrity of the mitochondria and directly contributes to cellular energy production, supporting the health of reproductive and cardiovascular cells.

### Antioxidant Properties

As the most abundant lipid-soluble antioxidant, ubiquinol is localized in the mitochondrial membrane, where most free radicals are formed. This makes it the ideal neutralizer to combat oxidative stress.



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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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## Promoting Healthy Aging

Ubiquinol supports the body's antioxidant capacity, **helping to maintain mitochondrial health and proper function—vital for healthy aging.** Supplementation with Kaneka Ubiquinol® has been shown to increase plasma ubiquinol levels,<sup>13,14</sup> which is associated with:



**Cardiovascular health<sup>1</sup>**

**Muscle health<sup>15</sup>**

**Physical functioning in older adults<sup>15,16</sup>**

**Choose Kaneka Ubiquinol® for women's wellness support that begins at the cellular level.**

## Supporting Menopausal and Postmenopausal Well-Being

Kaneka Ubiquinol® supports general health and well-being during and after menopause.<sup>17,18</sup>

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.<sup>18</sup>

## The Kaneka Ubiquinol® Difference

**Made in the USA**

**Kosher certified and allergen free**

**Compliant with USP monograph**

**Fermented from non-GMO yeast**

**Self-affirmed GRAS**

**Supporting 200+ brands**

**Subject of 100+ clinical studies**

**Bioidentical to the body's natural ubiquinol**

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