



# Ubiquinol-QH

Introduced 2008



## What Is It?

Ubiquinol is the active antioxidant form of CoQ<sub>10</sub>. It has an additional two hydrogen atoms and comprises the majority of the ubiquinone/ubiquinol pool in the plasma of healthy young subjects. In the body, the enzymatic conversion of ubiquinone to ubiquinol in the mitochondria is a key step in the electron transport chain and the manufacture of ATP.<sup>‡</sup>

## Uses For Ubiquinol-QH

**General Support:** Ubiquinol makes up over 90% of the CoQ<sub>10</sub> found in the plasma of healthy young individuals, typically up to the age of about 40-45 years. This makes ubiquinol especially important for older individuals, individuals who may be experiencing greater levels of oxidative or physical stress, or individuals who appear not to respond to regular CoQ<sub>10</sub> supplementation (possibly due to poor conversion of CoQ<sub>10</sub> to ubiquinol in the body). Research suggests that it may be more readily absorbed than the ubiquinone form. The safety and bioavailability of ubiquinol were evaluated after single oral dose and 4-week multiple dose studies. Significant gastrointestinal absorption was observed and no clinically significant adverse effects were noted.<sup>‡</sup>

**Cardiovascular Support:** In a preliminary case report involving an open clinical evaluation using ubiquinol, a U.S. cardiologist reports that plasma CoQ<sub>10</sub> levels doubled for one 52 year-old woman after supplementation with 300 mg ubiquinol in divided doses for one month. It was also noted that ubiquinol supported a healthy ratio of CoQ<sub>10</sub> to lipids. In a separate case, a 65 year-old male not responding to CoQ<sub>10</sub> supplementation experienced a 4-fold increase in plasma CoQ<sub>10</sub> after supplementation with the same dose of ubiquinol. In addition, ubiquinol supported healthy ejection fraction and mitral valve function while supporting overall physical activity and quality of life.<sup>‡</sup>

## What Is The Source?

CoQ<sub>10</sub> is produced by microbial (yeast) fermentation. There is no residual yeast in the final product. Medium chain triglycerides are derived from palm oil. Gelatin is bovine-derived. Lecithin is derived from sunflower. Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil.

## Recommendations

Pure Encapsulations recommends 1-2 softgels daily with meals.

## Are There Any Potential Side Effects Or Precautions?

Rarely, CoQ<sub>10</sub> may cause mild gastrointestinal upset, nausea, vomiting, diarrhea or constipation. If pregnant or lactating, consult your physician before taking this product.

## Are There Any Potential Drug Interactions?

CoQ<sub>10</sub> may be contra-indicated for individuals taking blood thinning medication. Consult your physician for more information.

### Ubiquinol-QH 200 mg

each softgel capsule contains **16 sg**  
ubiquinol (Kaneka QH™ active antioxidant form of coenzyme Q<sub>10</sub>).....200 mg  
other ingredients: medium chain triglycerides, gelatin, glycerin, ascorbyl palmitate, purified water, sunflower lecithin, beeswax, annatto extract in sunflower oil.  
**1 capsule daily with a meal, or as directed by a health professional.**

### Ubiquinol-QH 100 mg

each softgel capsule contains **14 sg**  
ubiquinol (Kaneka QH™ active antioxidant form of coenzyme Q<sub>10</sub>).....100 mg  
other ingredients: medium chain triglycerides, gelatin, glycerin, ascorbyl palmitate, purified water, sunflower lecithin, beeswax, annatto extract in sunflower oil.  
**1-2 capsules daily with meals.**

### Ubiquinol-QH 50 mg

each softgel capsule contains **10 sg**  
ubiquinol (Kaneka QH™ active antioxidant form of coenzyme Q<sub>10</sub>).....50 mg  
other ingredients: medium chain triglycerides, gelatin, glycerin, ascorbyl palmitate, purified water, sunflower lecithin, beeswax, annatto extract in sunflower oil.  
**1-2 capsules daily with meals.**



Kaneka QH™ is a trademark of Kaneka Corporation.

The use of ascorbyl palmitate in the formulation is covered by U.S. Patent 6,740,338.

<sup>‡</sup>These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease. 800-753-2277 | PureEncapsulations.com

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