

# Preventive Medicine



## Ubiquinol 100 mg

### DESCRIPTION

Ubiquinol is a dietary supplement that supports overall health. Ubiquinol is recommended for Baby Boomers and people over the age of 35 and provides support for cardiovascular function, periodontal health, energy production and exercise tolerance, healthy aging, liver support, and oxygen utilization.

### FUNCTIONS

Ubiquinol 100 mg is a potent antioxidant form of Coenzyme Q10, also known as ubiquinone. Ubiquinol is an important dietary supplement for people older than 35 because their ability to convert ubiquinone to ubiquinol is hindered. Studies show that ubiquinol is able to achieve 3.75 times higher plasma concentration eight hours after dosing versus conventional ubiquinone. Coenzyme Q10 is a lipid soluble antioxidant found inside every cell in the body. Coenzyme Q10 is a vital nutrient for the formation of Adenosine Triphosphate (ATP), the basic energy molecule used by every cell. CoQ10 is found in the mitochondria, where energy is made. Hundreds of mitochondria are present in each cell with the largest concentration in "high energy" organs such as the brain, heart, liver, kidneys and pancreas. CoQ10 is also an important antioxidant in both the mitochondria and lipid membranes. It is located exactly where the free radicals are generated (in the mitochondria) during the oxidation of nutrients and production of ATP.

### INDICATIONS

After the age of 35 the body's natural production of CoQ10 declines as well as the body's ability to convert ubiquinone into ubiquinol. Supplementing with Ubiquinol 100 mg helps to support energy production and stamina.

### FORMULA

**Serving Size:** 1 Softgel

#### Amount Per Serving

Ubiquinol..... 100 mg  
(Kaneka QH™ – Active form of coenzyme Q10)

**Other ingredients:** medium chain triglycerides, gelatin, glycerin, ascorbyl palmitate, purified water, beeswax, soy lecithin, and annatto extract.

### SUGGESTED USE

As a dietary supplement, take 1 soft gel daily with a meal, or as directed by your health care provider.

### SIDE EFFECTS

If pregnant or nursing, consult your healthcare practitioner before taking this or any nutritional product.

### STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

### DISTRIBUTED BY

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