



Essential 8's

CoQ10 Ubiquinol

CoQ10 Ubiquinol is a unique formula that contains a bioactive, trademarked form of coenzyme Q10 (Kaneka QH™)—called ubiquinol—for supporting cardiovascular and immune function, as well as other body systems.* It exists in two forms: ubiquinone and ubiquinol, the latter of which is the fully reduced, biologically-active version of CoQ10.

CoQ10 affects nearly every system of the body and is essential for survival. It also acts as a potent antioxidant.*¹

Read on to learn more about how CoQ10 Ubiquinol works to support energy production throughout the body, promote blood flow, and act as an antioxidant.*

How CoQ10 Ubiquinol Works

CoQ10 is found abundantly in healthy individuals in metabolically-demanding tissues and organs throughout the body, particularly the heart, brain, kidneys, liver, and skeletal muscles. As an integral part of the electron transport chain, CoQ10 assists in the synthesis of ATP—the energy currency of cells. As part of that process, CoQ10 converts between ubiquinone and biologically-active ubiquinol while acting as an antioxidant and effectively “trapping” free radicals.*

Furthermore, research has demonstrated that CoQ10 promotes proper blood flow throughout the cardiovascular system by preserving the activity of nitric oxide—a molecule that expands blood vessels and helps support healthy blood pressure.*²

CoQ10 Ubiquinol Supplementation

Data suggests that ubiquinol supplementation is of growing importance, particularly in aging individuals who don't properly convert supplemental ubiquinone to active ubiquinol.³ Given the nature of ubiquinol for supporting overall health and well-being, supplementation can assist users in a multitude of ways.* These evidence-based benefits may include:

- Supports cardiovascular and immune function*
- Supports blood flow and nitric oxide production*
- Supports energy production*
- Supports body tissues including epithelial, muscle, connective and nervous tissues*
- Supports healthy blood lipid profiles*



Form: 30 Softgels

Serving Size: 1 Softgel

Ingredients	Amount	%DV
Ubiquinol† (reduced Coenzyme Q10)	100 mg	*

Other Ingredients:

D-limonene oil, gelatin, glycerin, purified water, caprylic acid, capric acid, caramel liquid, and alpha lipoic acid.

† as Kaneka Ubiquinol™ a trademark of Kaneka Corp.

Directions:

Take one softgel daily with a meal as a dietary supplement, or as directed by your healthcare practitioner.

Caution: *If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.*



GLUTEN-FREE



DAIRY-FREE



NON-GMO



PRODUCED IN A
cGMP FACILITY

* 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.



References:

1. Angelini, C. (2014). Coenzyme Q10 Deficiency. In *Genetic Neuromuscular Disorders* (pp. 247-250). Springer International Publishing.
2. Moncada, S. R. M. J., Palmer, R. M. L., & Higgs, E. (1991). Nitric oxide: physiology, pathophysiology, and pharmacology. *Pharmacological reviews*, 43(2), 109-142.
3. Langsjoen, P. H., & Langsjoen, A. M. (2014). Comparison study of plasma coenzyme Q10 levels in healthy subjects supplemented with ubiquinol versus ubiquinone. *Clinical pharmacology in drug development*, 3(1), 13-17.