

Ubiquinol & CoQ10 FAQs

What is Ubiquinol?

Ubiquinol is the reduced, active antioxidant form of coenzyme Q10 (CoQ10). Produced naturally within healthy bodies, ubiquinol is CoQ10 that has been converted (“reduced”) for use in the cellular energy production process. In supplement form, Kaneka Ubiquinol™ protects the body’s cells from oxidative stress, which can cause damage to proteins, lipids and DNA*.

What is the difference between Ubiquinone and Ubiquinol ?

Ubiquinol and ubiquinone are both forms of CoQ10, and both are necessary to produce cellular energy. Ubiquinone is the oxidized form of CoQ10 that consumers are most familiar with; it has been taken as a supplement and studied for more than 30 years. Over the past three decades, CoQ10 has been recognized for its benefits to general health and wellness as well cardiovascular and neurological health.

In order to generate cellular energy, the body must convert ubiquinone into ubiquinol. Without this conversion, the body’s energy production process cannot be completed and energy levels cannot be sustained. Thus, both are critical to sustaining your body’s natural energy. Kaneka Ubiquinol only became available in supplement form in recent years

Why should I be concerned about declining ubiquinol level ?

Declines in ubiquinol levels result in less cellular energy and diminished protection against oxidative stress, which produces free radicals and can damage the body’s cells, including proteins, lipids and DNA. Kaneka Ubiquinol provides a strong first-stage defense against this cellular oxidative damage and needs to be replenished to maintain optimum health*.

An increasing number of scientific reports indicate that dramatic decreases in ubiquinol levels and increased oxidative stress are associated with the aging process and with many age-related conditions.

Why does supplementing with Kaneka Ubiquinol become more important as I age ?

As a healthy 20-year-old, your body readily produces all of the CoQ10 you can use and efficiently converts it into ubiquinol. In fact, the predominant form of CoQ10 in the plasma and tissues of a healthy individual is the reduced ubiquinol form of CoQ10.

However, age and other factors can hinder the body’s ability to produce and metabolize CoQ10*. Some reasons for this include increased metabolic demand, insufficient dietary intake, oxidative stress or any combination of these things. Some reports say this decline becomes apparent around 40 years old, although it can begin as early as 20 in some cases. As the body’s ability to produce and convert CoQ10 begins to decline, supplementation with CoQ10 and/or Kaneka Ubiquinol becomes increasingly important to maintaining good health.

How do I know which form of CoQ10 is right for me ?

For young, healthy individuals, CoQ10 should usually be sufficient for supplementation needs. Healthy adults in their 20s can easily metabolize CoQ10 and convert it into ubiquinol; therefore, supplementing with CoQ10 likely will be the most efficient way to raise CoQ10 levels.

For individuals who are 40 or older, Kaneka Ubiquinol is likely more beneficial because the body's ability to produce CoQ10 and convert it into ubiquinol is diminished*. Optimal ubiquinol levels are important for those looking to support cardiovascular, neurological and liver health*. Because Kaneka Ubiquinol is already the converted form of CoQ10, it is ready for immediate use by the body, which makes it ideal for those unable to efficiently reduce CoQ10 in the body*

How much Kaneka Ubiquinol should I take ?

The recommended dose of Kaneka Ubiquinol varies based on each individual's needs. However, those who are older or suspect they have decreased CoQ10 due to disease or prescription medications may want to start supplementing with 200 mg of Kaneka Ubiquinol per day. Studies show that the CoQ10 plasma levels plateau at about two weeks at this dose. After that, 100 mg per day is a good daily maintenance dose.

If CoQ10 has been available in supplement form for 30 years, why is Kaneka Ubiquinol only recently available ?

Because ubiquinol is easily oxidized in the air, it has been difficult to develop a stable supply in a reduced supplement form. However, using advanced technology, Kaneka Nutrients was able to perfect a stabilization process by which Kaneka Ubiquinol remains in its reduced form and is readily usable in the body without converting into ubiquinone during encapsulation.

Can I get Ubiquinol from the foods I eat ?

You can get ubiquinol and ubiquinone in small amounts from your diet; however, you would have to eat the foods in such large amounts as to make them an impractical resource for your CoQ10 supplementation needs. And because the body's ability to convert ubiquinone to ubiquinol declines with age, food becomes a less practical source of ubiquinol for older individuals and those suffering from age-related conditions.

What are the health benefits associated with Kaneka Ubiquinol ?

For those individuals who cannot efficiently convert CoQ10 to ubiquinol, supplementing with Kaneka Ubiquinol will restore healthy levels of CoQ10 in plasma and organs for more efficient energy production. This should result in more energy and stamina as well as better overall health. Additionally, because Kaneka Ubiquinol is an extremely powerful antioxidant, it offers a strong protective defense against oxidative stress and age-related conditions.

How long will I have to take Kaneka Ubiquinol before feeling the benefits ?

Kaneka Ubiquinol is not a quick fix for those looking for increased energy. Unlike caffeine or sugar, which boost energy levels quickly and can cause a "crash" later, Kaneka Ubiquinol offers sustained natural energy. Although each individual is different, it generally takes two to three weeks to restore

optimal CoQ10 levels in blood plasma and tissues, and most people will begin feeling the effects as their individual plasma levels start to increase, generally around the fifth day.

I have heard that Kaneka Ubiquinol “sustain your natural energy.” What does that mean ?

Ubiquinol is required for the body to generate energy. Restoring this vital nutrient to optimal levels in people over 40 will restore the same type of youthful energy the body produced when it could efficiently convert CoQ10 to ubiquinol and maintain adequate concentrations of ubiquinol in plasma and tissues. Thus, supplementing with Kaneka Ubiquinol is the ideal way to restore and sustain your natural energy.

What kind of clinical studies have been conducted on Kaneka Ubiquinol ?

Scientists and researchers have been studying this nutrient for more than a decade and have conducted numerous safety and toxicity studies on Kaneka Ubiquinol. Additionally, as a form of CoQ10, Kaneka Ubiquinol has all of the same benefits of CoQ10 and works even more quickly in the body. However, because Kaneka Ubiquinol has only been commercially available since 2007, scientists have only recently begun to study the specific benefits of this active form of CoQ10. A number of new promising studies and trials are also underway.

Why do I need a Kaneka Ubiquinol supplement ?

Your body produces CoQ10, also known as ubiquinone, in every cell of your body and then converts it into ubiquinol. Beginning around the age of 40, your body doesn't produce as much CoQ10, and its ability to convert CoQ10 into ubiquinol diminishes.

Some prescription medications can further deplete the amount of CoQ10 produced by your body. In addition, some health conditions such as stress, fatigue and aging also diminish your body's levels of CoQ10. Taking a Kaneka Ubiquinol supplement can replenish the necessary amounts of ubiquinol in your body.

CoQ10 is still effective as a dietary supplement. However after the age of 40, when your body's ability to convert CoQ10 to ubiquinol diminishes, you may get greater benefits from Kaneka Ubiquinol.

What role does ubiquinol play in my body and overall health ?

- Ubiquinol is the key component in 95 percent of your body's cellular energy production.
- Ubiquinol is an antioxidant that protects your heart and other organs from free-radical damage.
- Ubiquinol provides your heart with the energy and protection it needs to function at its best.

Why should I take a Kaneka Ubiquinol supplement over a CoQ10 supplement ?

- As a dietary supplement, Kaneka Ubiquinol is the active, ready-to-use form of CoQ10, making it more easily absorbed by your body. Ubiquinol is your body's preferred form of CoQ10.
- Clinical studies show supplementation with Kaneka Ubiquinol to be up to 8 times more effective at increasing the concentration of ubiquinol in your blood plasma.

- Kaneka Ubiquinol is ideal for current CoQ10 users who want increased efficacy and superior absorption.
- Taking a Kaneka Ubiquinol supplement can provide your body with a higher level of sustained, natural energy from within.

What health benefits do Kaneka Ubiquinol users experience versus CoQ10 users ?

Kaneka Ubiquinol is the active, already converted form of CoQ10. When you take a CoQ10 supplement, your body must first convert it to ubiquinol in order to gain the health benefits. As you age, your body's ability to make the conversion from CoQ10 to ubiquinol decreases. By taking a Kaneka Ubiquinol supplement, you know you are getting the full health benefits. Any benefit gained from a CoQ10 (ubiquinone) supplement is because your body has been able to convert it to its usable form, ubiquinol.

Where is CoQ10 made in the body ?

CoQ10 is produced primarily in the liver and then converted to ubiquinol in the body through an enzymatic process known as the "redox cycle," which is short for reduction oxidation. CoQ10 must be "reduced" into ubiquinol before it can be used in the body.

At what age do I need Kaneka Ubiquinol ?

Generally, the age of 40 is when you should consider supplementing with Kaneka Ubiquinol. In young and healthy individuals, the body readily produces CoQ10 and easily converts it to the usable form, ubiquinol. However, this process slows as we age and that may necessitate supplementing with Kaneka Ubiquinol, usually sometime in your 40s, although this varies by individual.

How does Kaneka Ubiquinol work ?

Kaneka Ubiquinol works at the cellular level providing energy and antioxidant protection to cells. Without ubiquinol, the body cannot sustain energy. The body's ability to naturally produce this vital nutrient diminishes over time.

What are the recent advancements in science/technology ?

Ubiquinol, because of its active nature, is very difficult to stabilize as an ingredient without it oxidizing and converting into ubiquinone. Much of the technology is focused around this. Previously, only CoQ10 was available in supplement form.

What does the word "ubiquinol" come from ?

Ubiquinol comes from the word "ubiquitous," meaning everywhere. Ubiquinol is in every cell of your body and is responsible for cellular energy production and protection.

What are the benefits of Kaneka Ubiquinol to statin users ?

Cholesterol-lowering medications known as statins deplete your body's natural production of CoQ10. There have been certain side effects associated with the use of statin medications, such as fatigue and chronic muscle aches and pains. Taking a CoQ10 or Kaneka Ubiquinol supplement will help to

replenish the loss of CoQ10 levels associated with statin use. If you are experiencing symptoms associated with your statin medication, consult your physician immediately.

Does Warfarin interact with Ubiquinol or CoQ10 ?

Interactions with prescription medications are a matter of interest to consumers taking coenzymeQ10 (CoQ10). In particular, questions on potential interactions with blood-thinning drugs such as Warfarin (Coumadin®) frequently arise.

Blood-thinning medicines, also known as anti-coagulants, are used to treat blood clots and lower the chance of blood clots forming in the body. Anyone taking a blood-thinning drug must be closely monitored by a physician and have regular blood tests performed to check the body's specific response to the medication and to measure how quickly blood clots. This test is known as an INR (International Normalized Ratio) test and is used by physicians to adjust medication dosage and keep the INR within the target range.

There are several factors that can cause fluctuations in the body's response to Warfarin, including dietary changes, especially Vitamin K intake, co-administration of other prescription or OTC drugs and genetics (CYP2C9 genetic polymorphisms).¹

People taking Coumadin (or any prescription blood thinner) are routinely advised that some foods, beverages, herbs and dietary supplements can interact with the medication, affecting treatment response and dose.² For example, too much Vitamin K, which is found in leafy, green vegetables, can lower the effect of blood-thinning drugs. While CoQ10 or Kaneka Ubiquinol can be safely used with blood-thinning medication, it is important to tell your physician that you are taking CoQ10/Kaneka Ubiquinol or any other dietary supplement. Also, if you are taking blood-thinning medication, talk to your physician before making any changes to your diet, including adding CoQ10, Kaneka Ubiquinol or any dietary supplement.

The literature published on Warfarin interactions with CoQ10 reflects the complexity of managing anti-coagulant therapy. It has been reported, based on individual case reports, that CoQ10 may be associated with a decrease in the effect of Coumadin.^{3,4} Other case studies involving closely monitored patients on Coumadin specifically noted no interactions with CoQ10.⁴ A well designed, double-blind, placebo-controlled study conducted to assess the effect of CoQ10 on Warfarin also showed no effect.⁵ One expert in the field is of the opinion that, "there is no convincing evidence at the present time to indicate that any food or nutrient (other than Vitamin K) interacts significantly with Warfarin" and that, "further controlled studies should be conducted to determine if actual interaction potentials exist."¹

Maintaining the therapeutic range of anti-coagulant drugs and the stability of an individual's response is an ongoing clinical process. Changes in blood levels of Warfarin or INR can be due to a number of factors. Patients taking a blood-thinning drug must be closely monitored by the prescribing physician through regular blood tests.

Citations

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*** Information extracted from ubiquinol.org