Manufacturers of Hypo-allergenic Nutritional Supplements

Ubiquinol-QH

What Is It?

Ubiquinol is the active antioxidant form of CoQ_{10}. It has an additional two hydrogen atoms and compromises 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.*

Uses For Ubiquinol-QH

General Support: Ubiquinol makes up over 90% of the CoQ_{10} 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_{10} supplementation (possibly due to poor conversion of CoQ_{10} 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.*

Cardiovascular Support: In a preliminary case report involving an open clinical evaluation using ubiquinol, a U.S. cardiologist reports that plasma CoQ_{10} 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_{10} to lipids. In a separate case, a 65 year-old male not responding to CoQ_{10} supplementation experienced a 4-fold increase in plasma CoQ_{10} 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.*

What Is The Source?

CoQ_{10} 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 soy. Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil.

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.

Recommendations

Pure Encapsulations recommends 1–2 softgels daily with meals.

Are There Any Potential Side Effects Or Precautions?

Rarely, CoQ_{10} 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_{10} may be contra-indicated for individuals taking blood thinning medication. Consult your physician for more information.

(continued)

Ubiquinol-QH 200 mg.

each softgel capsule contains 16 sg

ubiquinol (Kaneka QH™ active antioxidant form of coenzyme Q_{10}) .....200 mg.
Contains soy
other ingredients: medium chain triglycerides, gelatin, glycerin, ascorbyl palmitate, purified water, beeswax, soy lecithin, annatto extract.

Take 1–2 softgels per day with meals.

Ubiquinol-QH 100 mg.

each softgel capsule contains 14 sg

ubiquinol (Kaneka QH™ active antioxidant form of coenzyme Q_{10}) ....100 mg.
Contains soy
other ingredients: medium chain triglycerides, gelatin, glycerin, ascorbyl palmitate, purified water, beeswax, soy lecithin, annatto extract.

Take 1–2 softgels per day with meals.

Ubiquinol-QH 50 mg.

each softgel capsule contains 10 sg

ubiquinol (Kaneka QH™ active antioxidant form of coenzyme Q_{10}) .....50 mg.
Contains soy
other ingredients: medium chain triglycerides, gelatin, glycerin, ascorbyl palmitate, purified water, beeswax, soy lecithin, annatto extract.

Take 1–2 softgels per day with meals.