



Kaneka Ubiquinol® and Exercise Performance

Kaneka Ubiquinol®, manufactured by Kaneka Nutrients, supports energy metabolism and cellular wellness during exercise.

Mitochondria power muscle contraction by producing adenosine triphosphate (ATP) through the electron transport chain (ETC).¹ During exercise, the increased demand for ATP also raises oxygen consumption and accelerates the production of reactive oxygen species (ROS).² While moderate ROS levels play a role in signaling and supporting training adaptations, excess ROS can contribute to oxidative stress, impairing muscle function, and increasing fatigue.³

The amount of ROS generated varies with exercise type, intensity, and duration as well as an individual's fitness level, age, and nutritional status.² High-intensity or prolonged training, low fitness levels, and aging all increase the likelihood of oxidative stress.² Environmental factors, such as high altitude, can add to the physiological burden, further affecting endurance, cardiorespiratory performance, and recovery.⁴

Ubiquinol, the active antioxidant form of coenzyme Q10, plays an important role in cellular energy production and antioxidant defense.^{5,6} Positioned within the mitochondrial membrane where energy production takes place and where ROS are generated, ubiquinol supports efficient electron transfer within the ETC^{5,6} while helping maintain oxidative balance during periods of increased metabolic demand.⁷

Research demonstrates that Kaneka Ubiquinol® supports exercise performance by:

Supporting energy metabolism³

Promoting a healthy oxidative balance during exercise⁷

Helping sustain nitric oxide (NO) levels during exercise, which signals blood vessels to dilate, improving circulation and the delivery of oxygen and nutrients⁷



Enhancing peak power production in elite athletes when taken at 300 mg/day⁸

Reducing fatigue and supporting cardiovascular performance when training at high altitude^{9,10}



In a clinical study evaluating the effects of ubiquinol supplementation on exercise performance at high altitude, **participants taking 200 mg of Kaneka Ubiquinol® per day for 17 days reduced the decline in cardiorespiratory fitness by almost half compared to the placebo**—a decrease of 11% in the Ubiquinol group versus 21% for placebo.¹⁰

Kaneka Ubiquinol® is bioidentical to the ubiquinol naturally produced in the body and is not restricted for use in sport under World Anti-Doping Agency (WADA) suggested rules.

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.



Kaneka Ubiquinol®

-  Promotes energy metabolism and supports athletic performance⁷⁻¹⁰
-  Reduces free radicals generated during strenuous exercise^{7,9,10}
-  Helps sustain nitric oxide levels during exercise⁷
-  Enhances physical performance in elite athletes⁸
-  Reduces fatigue at high altitudes⁹
-  Promotes cardiac output at high altitudes^{9,10}
-  Supports the body's capacity for efficient delivery of oxygen at high altitudes^{9,10}

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Formats

Kaneka Ubiquinol® is available as a pure crystalline powder for use in the following product applications:

- Softgels
- Gummies
- Cap-within-cap
- Liposomal formulations
- Liquid capsules
- Other light and oxygen-controlled environments

Kaneka Ubiquinol® is also available in an air-stable form as Q30®, a 30% Ubiquinol powder. Additional applications include:

- Stick packs
- Sachets
- Soft chews



Safety

Kaneka Ubiquinol® has a well-established safety profile as demonstrated by extensive clinical trial data.

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Featured Structure Function Statements

Absorption and Bioactivity

2x Kaneka Ubiquinol® has been shown to be **2x better absorbed than conventional CoQ10**.¹¹

8x Research demonstrates that 200 mg of Kaneka Ubiquinol® **increases ubiquinol levels by approximately 8x** compared to baseline in healthy adults when taken daily for at least 30 days.¹²

Unlike conventional CoQ10 supplements, **Kaneka Ubiquinol® requires no conversion** in the body to perform its antioxidant functions.^{7,13}

Cellular Energy Production

Ubiquinol is the antioxidant form of CoQ10 that **protects the integrity of the mitochondria** and is directly involved in cellular energy production.



Antioxidant Properties

As the most abundant lipid-soluble antioxidant synthesized in the body, ubiquinol is localized in the mitochondrial membrane, where most free radicals are formed. This makes it the **ideal neutralizer to combat oxidative stress**.

The Kaneka Ubiquinol® Difference

Made in the USA

Fermented from non-GMO yeast

Subject of 85+ research studies

Kosher certified and allergen free

Self-affirmed GRAS

All-trans form, bioidentical to the body's natural ubiquinol

Compliant with USP monograph

Supporting 200+ brands

References

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