



The Kaneka Ubiquinol® (Kaneka QH®) Difference

Made in the USA

Fermented from non-GMO yeast

Subject of 85+ research studies

Kosher certified and allergen free

Self-affirmed GRAS

Bioidentical to the body's natural ubiquinol

Compliant with USP monograph

Supporting 200+ brands

Ubiquinol is the active antioxidant form of coenzyme Q10 and the preferred form in biological systems

Ubiquinol is found in almost every cell of the body.

Ubiquinol supports cellular energy (ATP) production.

Over 95% of the total CoQ10 in the plasma of a healthy individual is in the antioxidant form—ubiquinol.¹



Ubiquinol is a powerful lipid-soluble antioxidant² providing an active defense against oxidative stress, which may affect lipids, proteins, and DNA.³

Ubiquinol is capable of regenerating vitamin E, an essential lipid-soluble antioxidant that can only be obtained from the diet.²

Absorption and Bioactivity

2x

Kaneka Ubiquinol® has been shown to be **2x better absorbed than a conventional CoQ10** supplement.⁴

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.⁵

Unlike conventional CoQ10 supplements, **Kaneka Ubiquinol® requires no conversion in the body to perform its antioxidant functions.**^{6,7}

For those already using CoQ10, **switching to Kaneka Ubiquinol® may offer enhanced absorption and bioavailability.**

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.



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

Kaneka QH® is available as a pure crystalline powder.

Packaging

- 1 kg or 5 kg units
- MOQ: 1 kg
- Q30® MOQ: 3 kg

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KanekaNutrients.com

Physical & Chemical Properties

Common Name

Ubiquinol

Molecular Formula

$C_{59}H_{92}O_4$

Melting Point

Approx. 49.5° C (about 121.1° F)

Stability

4-year shelf life

Appearance

White to pale yellow
crystalline powder

Solubility

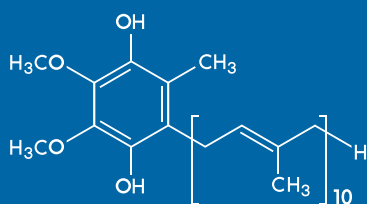
Water — Practically insoluble
Oil — Soluble



Safety

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

Chemical Structure



kaneka
NUTRIENTS

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KanekaNutrients.com

Benefits



Exercise Performance

Kaneka Ubiquinol® supports energy metabolism and cellular wellness during exercise by:

- Promoting a healthy oxidative balance⁸
- Supporting energy metabolism⁹
- Reducing fatigue and supporting cardiovascular performance when training at high altitudes¹⁰
- Enhancing peak power production in elite athletes when taken at 300 mg/day¹¹



Preconception Support

- Ubiquinol supports mitochondrial function and cellular energy generation—essential for oocyte quality and overall egg health.¹²
- In an open-label study, Kaneka Ubiquinol® supplementation was associated with improvements in sperm motility of up to 26% and sperm count increases of up to 53% compared to baseline.¹³ Other research has reported improvements in morphology up to 24% compared to baseline.¹⁴



Menopaual Well-Being

- **Kaneka Ubiquinol® supports general health and well-being during and after menopause.**^{15,16}
- In a consumer use study, 80% of menopaual women taking 200 mg of Kaneka Ubiquinol® per day **reported decreased irritability, sensitivity, stress and mood swings after 60 days of supplementation.**¹⁵



Heart Health

- **Improves blood markers** associated with heart health.^{17,18}
- **Supports the high energy requirements of the heart.**¹⁹
- **Replenishes CoQ10 levels** depleted by statin medications.²⁰
- **Benefits vessel health** by supporting proper vasodilation, enhancing nitric oxide production, protecting LDL cholesterol from oxidation, and promoting healthy mitochondrial function.⁷



Healthy Aging

- Supplementation with Kaneka Ubiquinol® **replenishes plasma ubiquinol levels.**⁷
- Research demonstrates a positive correlation between total CoQ10 status and percentage plasma ubiquinol and overall physical functioning in older adults.^{21,22}
- Higher blood ubiquinol levels **promote cardiovascular and muscle health.**^{7,21}

References

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