

Ubiquinol 300 mg

Maintains Cardiovascular System Health

Available in 30 & 60 softgel capsules

Ubiquinol 300 mg contains 300 mg of ubiquinol, the reduced form of coenzyme Q10, for increased bioavailability. Ubiquinol 300 mg helps to maintain cardiovascular system health and function. Ubiquinol 300 mg also supports energy production in the cells mitochondria.

- Each softgel contains 300 mg of **ubiquinol**, the reduced form of coenzyme Q10.
- Ubiquinol** has superior absorption and bioavailability compared to ubiquinone.
- Convenient 300 mg dose in one-a-day format.



AUSTL – 310843

Active Ingredient

Each capsule contains:



Ubiquinol-10

300 mg

Directions for use: Adults 1 capsule per day or as directed by a health care practitioner.

Key Features & Benefits

Ubiquinol, the active form of coenzyme Q10, has superior absorption and increased bioavailability compared to other forms of coenzyme Q10. Bioclinic Natural's Ubiquinol 300 mg includes 300 mg of Kaneka Ubiquinol for improved bioavailability and higher plasma concentrations of coenzyme Q10.

Studies with healthy subjects tested 300 mg per day of oral administration of coenzyme Q10 in the ubiquinol form and confirmed significant absorption of the ubiquinol from in the gastrointestinal tract.¹

The body requires both ubiquinone (oxidised form of coenzyme Q10) and ubiquinol (reduced form of coenzyme Q10) to produce energy, making both essential for energy production and maintenance. As part of the mitochondrial transport chain coenzyme Q10 is converted between these two forms through the process of accepting and donating electrons, however more than 80% of the circulating coenzyme Q10 in the body is in the form of ubiquinol following oral administration.²

Coenzyme Q10 deficiency may result from:

- Nutritional deficiencies.
- Prescription medication usage.
- Increased age as part of the natural ageing process.
- Inadequate intake or production resulting from illness.
- Excess physical exertion or exercise output.

The majority of the clinical uses for ubiquinol are founded upon its role as an antioxidant and its role in mitochondrial bioenergetics.

Mitochondrial activity

Ubiquinol is essential to support energy production and may be particularly beneficial for individuals with increased energy demands, such as those with mitochondrial disorders and those undertaking high physical activity which significantly decreases muscle tissue levels of coenzyme Q10.³

Ubiquinol is a coenzyme for numerous reactions involved in cellular respiration and is required for the efficient formation of adenosine triphosphate (ATP), the cellular currency which drives the majority of enzymatic reactions.⁴ Organs with high energy demands contain higher levels of circulating ubiquinol.

Cardioprotective

Ubiquinol helps to support and maintain the cardiovascular system across a range of cardiovascular conditions. Ubiquinol inhibits peroxidation of cell membrane lipids as well as circulating lipoproteins.^{5,6} Ubiquinol supports cardiac tissues by improving endothelial function and by having a direct anti-atherogenic effect, which results in lower blood pressure and improved ventricular contractility.^{7,8} In clinical trials, coenzyme Q10 has shown benefit for a wide range of cardiovascular conditions, including congestive heart failure, hypertension, and prevention of myocardial infarction.⁹

Clinical trials support presurgical coenzyme Q10 supplementation for myocardial protection in cardiac surgery patients, with improved postoperative cardiac function and decreased levels of structural damage observed following supplementation.⁹

A randomised, double-blind trial investigated the effects of preoperative Coenzyme Q10 oral administration at 300 mg/day in elective cardiac surgery patients. The results observed after approximately 2 weeks of the coenzyme Q10 treatment were significantly improved coenzyme Q10 levels in active treatment in serum, mitochondria and atrial myocardium compared with placebo.⁹

Ubiquinol supplementation may be beneficial for those taking prescription drugs for the management of cholesterol as the use of statins may decrease the body's ability to synthesise coenzyme Q10 by as much as 40%.¹⁰ Coenzyme Q10 is synthesised in a similar way to the production of cholesterol with Acetyl-CoA converted to mevalonate by HMG Co-A reductase. Mevalonate can be biosynthesised to produce either coenzyme Q10 or cholesterol, but statin usage inhibits the body's natural production of cholesterol and in the process limits the body's synthesis of coenzyme Q10 from mevalonate.

Studies have demonstrated that oral supplementation of coenzyme Q10 can effectively raise serum coenzyme Q10 levels, when taken in conjunction with statin drugs.¹⁰

Antioxidant

Ubiquinol is a powerful antioxidant that is found in every cell of the body and is involved in the process of regenerating other antioxidants such as vitamin C and E. Ubiquinol is the only lipid-soluble antioxidant synthesised endogenously. Ubiquinol functions as a scavenger of free radicals through its ability to donate electrons and is essential for protecting cells from the effects of free radicals produced during oxidative phosphorylation.¹¹

Ubiquinol is particularly beneficial for individuals with increased levels of oxidative stress, which is pertinent given that levels of coenzyme Q10 naturally decline with age, resulting in significantly less antioxidant protection.

Migraine

Ubiquinol is indicated for relieving mild migraine symptoms. Trials utilising coenzyme Q10 have shown reduced frequency of migraine attacks and a decrease in the number of days with migraine following oral administration over 3 months.¹²

Warnings: Do not take on warfarin therapy without medical advice.

References

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