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*Platinum
Excellence*

UBIQUINOL QU10

For fatigue, heart health and co-prescription with statin medication.

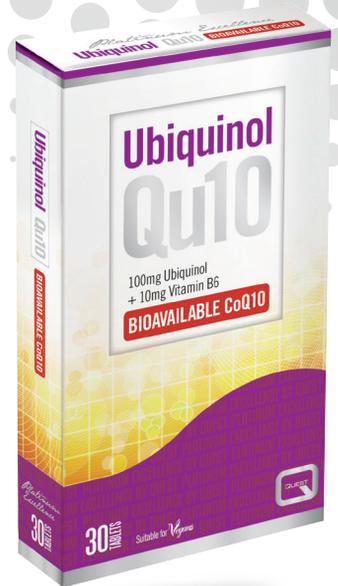
Nutritional Information

One tablet provides:

		*%NRV
Ubiquinol acetate	115 mg	
Ubiquinol 100 mg		
Vitamin B6	10 mg	714

*NRV = Nutrient Reference Values

One to two tablets daily with or after a meal.



SUMMARY

- New generation coenzyme Q10 in a stable bioactive form.
- Recommended to be co-prescribed with statin medication to reduce side effects such as myopathy (muscle weakness/pain) and fatigue.
- Also recommended for energy levels, heart health, male fertility and for its antioxidant properties.

WHAT IS UBIQUINOL QU10?

Ubiquinol Qu10 provides a 3rd generation form of CoQ10 in a highly bioavailable, active and stable form called ubiquinol acetate. CoQ10 is found naturally in cells throughout the body particularly in the mitochondria which are involved in cellular energy production. Ubiquinol Qu10 contains synergistic vitamin B6 which contributes to normal energy yielding metabolism and to the reduction of tiredness and fatigue. CoQ10 supplementation is recommended for patients on cholesterol-lowering statin medications which lower CoQ10 levels in the body increasing the risk of adverse effects such as pain and muscle weakness. CoQ10 is indicated to be helpful for increasing energy levels, athletic endurance and sperm motility, it may also maintain gum health and reduce blood pressure levels.

WHAT FORM OF COQ10 IS USED IN UBIQUINOL QU10?

CoQ10 exists in two forms, ubiquinone (full oxidised form) and ubiquinol (reduced form). Ubiquinol represents more than 90% of the total CoQ10 in the human plasma.¹

The most problematic issue with the bioavailable ubiquinol form of CoQ10 is that it is highly unstable, especially when used in nutritional supplements, such as oil-based capsules.

Ubiquinol Qu10 contains the next generation of CoQ10 molecule, in the form of ubiquinol acetate. As a result, Qu10 provides the higher bioavailability advantages of ubiquinol, but it is stabilised in an acetate form to provide guaranteed stability and effectiveness for the customer.

Pharmacokinetic studies show that the ubiquinol acetate form of CoQ10 used in Ubiquinol Qu10 has 3 times higher bioavailability than ubiquinone and 0.25 times higher bioavailability than ubiquinol.

Next Generation

UBIQUINONE Oxidised form of CoQ10	UBIQUINOL Reduced form of CoQ10	UBIQUINOL ACETATE Reduced form of CoQ10 used in Qu10
✓ Stable form of CoQ10.	✗ Highly unstable form of CoQ10	✓ Stable form of CoQ10
✗ Less bioavailable form of CoQ10	✓ More bioavailable form of CoQ10	✓ More bioavailable form of CoQ10
✗ No antioxidant properties	✓ Antioxidant properties	✓ Antioxidant properties

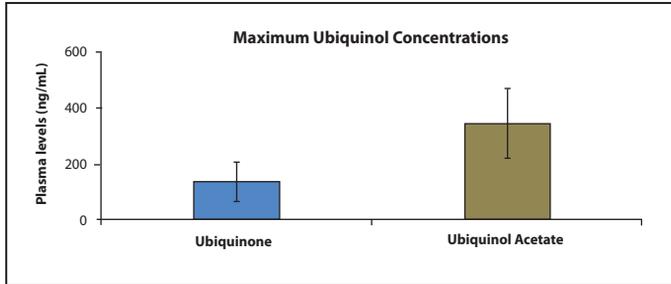
PHARMACOKINETICS OF UBIQUINOL ACETATE, COMPARED TO UBIQUINONE

Ubiquinol, the non-oxidised form of CoQ10, provides the antioxidant properties in the human body.

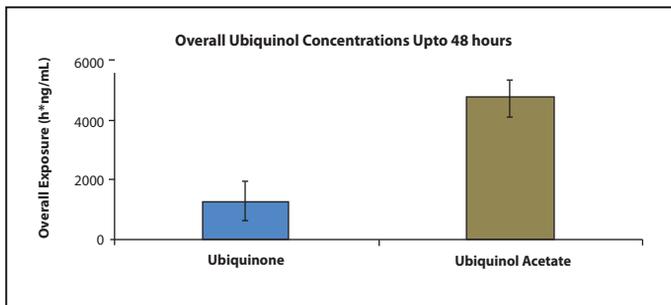
A study has shown that Ubiquinol acetate has superior pharmacokinetic activity when compared to Ubiquinone.

The study has been done by administering either Ubiquinol acetate or Ubiquinone; and the results clearly demonstrates that ubiquinol acetate yields higher concentration of ubiquinol in the plasma². Analysis of plasma levels show that the bioavailability (as maximum plasma concentration) is approx. 2.5 times higher when CoQ10 is taken as Ubiquinol acetate compared to Ubiquinone

CoQ10 ingested	Maximum concentration of Ubiquinol in plasma (ng/mL)
Ubiquinone	137.904
Ubiquinol Acetate	347.834



CoQ10 ingested	Overall concentration of Ubiquinol in plasma (h*ng/mL)
Ubiquinone	1214.421
Ubiquinol Acetate	4808.936



The higher levels of ubiquinol remain for a longer time in the plasma, the overall exposure of ubiquinol is approximately 4 times higher, thus it is suggested that the supplementation of Ubiquinole Acetate can be taken once a day rather than twice per day.

WHAT SCIENTIFIC DATA SUPPORTS COQ10 SUPPLEMENTATION?

Cholesterol

CoQ10 supplementation is recommended by many health practitioners for patients using cholesterol-lowering statin medication. Statin medication lowers CoQ10 levels in the body and this is thought to contribute to side effects such as muscle weakness (myopathy) and pain, fatigue and also an increased risk of cardiovascular disease. For example, one study demonstrated a 40% reduction in muscle pain in statin patients after 30 days of supplementation with 100 mg of CoQ10 daily.³

There is also substantial scientific evidence supporting CoQ10 supplementation in the area of heart health, energy (e.g. for chronic fatigue), gum health and antioxidant properties. In particular, there is strong evidence to support the use of CoQ10 for hypertension (high blood pressure).^{4,5}

Male fertility

Studies suggest that CoQ10 improves sperm quality and may be beneficial to male fertility. One study looked at 212 infertile men with idiopathic oligoasthenoteratospermia, and were given either CoQ10 or a placebo during a 26-week period, followed by a 30-week treatment-free phase. Significant improvement in sperm density and motility was evident with coenzyme Q10 therapy. Positive correlations were found with CoQ10 treatment and sperm count⁶. Other studies suggest that CoQ10 supplementation can significantly improve fertilisation rates⁷.

CoQ10 helps to support energy production in the mitochondria of the sperm cell which is located in the mid-piece between the head and the tail. This is what powers the sperm cell to reach its destination.

Energy Production

CoQ10 is required by the mitochondria in body cells for the production of energy. CoQ10 transports energy carrying electrons into the mitochondria. Our natural production of CoQ10 declines with age after 30, explaining why energy levels decrease in older age.

Chronic fatigue syndrome

It has been theorised that chronic fatigue syndrome is due to the malfunction of the mitochondrial membrane and / or a deficiency in CoQ10. One study looked at 20 female patients who required bed rest after mild exercise and compared them to 20 sedentary controls that were sex, age and weight matched. Eighty percent of chronic fatigue sufferers were deficient in CoQ10, which further decreased following mild exercise and normal daytime activities. 100 mg of CoQ10 was given daily. Exercise tolerance more than doubled and all patients had improved. Ninety percent had reduction or disappearance of clinical symptoms, and 85 percent had decreased post-exercise fatigue⁸.

Heart health

The heart muscle needs to make energy at a high rate. As CoQ10 is required for energy production, and therefore required in large amounts in the heart. In congestive heart failure, CoQ10 levels decline in the heart, as the failure worsens. In one study, 420 patients received either CoQ10 (100 mg three times daily) or a placebo and were reviewed for 2 years. CoQ10 significantly reduced major adverse cardiovascular events⁹.

High Blood pressure

In one study, 26 patients with hypertension were treated with oral CoQ10 100 mg / day for 10 weeks. Systolic blood pressure decreased from 164.5 to 146.7 and diastolic blood pressure decreased from 98.1 to 86.1. The antihypertensive effect of CoQ10 is due to decreased arterial resistances¹⁰.

WHY DOES UBIQUINOL QU10 CONTAIN VITAMIN B6?

Research suggests a positive correlation between blood levels of Coenzyme Q10 and vitamin B6, indicating that adequate nutritional status of B6 is needed for the proper biosynthesis of Coenzyme Q10.¹¹

HOW SHOULD UBIQUINOL QU10 BE TAKEN?

One to two tablets daily with food.

ARE THERE ANY PRECAUTIONS THAT SHOULD BE TAKEN BEFORE USING UBIQUINOL QU10?

A healthcare professional should be consulted before taking Ubiquinol Qu10 whilst taking any other medication.

Ubiquinol Q10 is not recommended for use during pregnancy or when breastfeeding.

FEATURES

- Provides 100 mg of ubiquinol CoQ10 per tablet
- Innovative stabilised form of ubiquinol Co Q10
- Contains synergistic vitamin B6 to aid metabolism of CoQ10

HEALTH NEEDS



ENERGY



HEART AND
CIRCULATION



SPECIALIST
HEALTH



SENIOR'S HEALTH



MEN'S HEALTH &
FERTILITY

SCIENTIFIC REFERENCES

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