

RECOMMENDATIONS

Helion Nutraceuticals recommends (for adults):
1 to 2 softgels daily, in divided doses.



One softgel contains:

Ubiquinol 50 mg

(Kaneka QH™ active form of coenzyme CoQ10)

Other ingredients: medium chain triglycerides,
gelatin, glycerin, ascorbyl palmitate, purified water,
beeswax, non-GMO soy lecithin, annatto extract.



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.

REFERENCES

¹Yamashita S, Yamamoto Y, Simultaneous detection of Ubiquinol and ubiquinone in human plasma as a marker of oxidative stress. *Anal Biochem.* 1997;250:66-73.

²Chopra RK, Goldman R, Sinatra ST, Bhagavan HN. Relative Bioavailability of coenzyme Q10 formulations in human subjects. *Int J Vit Nutr Res.* 1998;68:109-13.

³Hosoe K, Kitano M, Kishida H, Kubo K, Fujii K, Kitahara M. Study on safety and bioavailability of Ubiquinol (Kaneka QH) after single and 4-week multiple oral administration to healthy volunteers. *Regul Toxicol Pharmacol.* 2007;47:19-28.

⁴Yamamoto Y, et al. Plasma Ubiquinone to Ubiquinol ratio in patients with hepatitis, cirrhosis, and hepatoma and in patients treated with percutaneous transluminal coronary reperfusion. 1999, *BioFactors*, 9:241-246.

*This is a statement of nutritional support. This statement has not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. For educational purposes only. Consult your physician for any health problems.

COQ MEND™

Superior
Bioactive
Form
CoQ10

FEATURES INCLUDE

CoQ10 – Ubiquinol:

Ubiquinol is the active antioxidant form of CoQ10. It has an additional two hydrogen atoms and comprises the majority of the ubiquinone/ubiquinol pool in the plasma of healthy subjects. Ubiquinol may be 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 CoQ10 supplementation (possibly due to poor conversion of CoQ10 to ubiquinol in the body). In a preliminary case report involving an open clinical evaluation using ubiquinol, a U.S. cardiologist reports that plasma CoQ10 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 CoQ10 to lipids. In a separate case, a 65 year-old male not responding to CoQ10 supplementation experienced a 4-fold increase in plasma CoQ10 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. 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 reported.

Ubiquinol makes up over 90% of the CoQ10 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 CoQ10 supplementation (possibly due to poor conversion of CoQ10 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.*

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