

Ubiquinol CoQ10

For the Game of Life



CoQ10 is commonly called ubiquinone, the “everywhere” nutrient as it is found in nearly every cell of the body. All cells require CoQ10 for energy and life. But another form of CoQ10 is demanding attention, ubiquinol. What’s the difference and which one is right for you? It’s your move.

by Margy Squires

What is ubiquinol?

Ubiquinol like ubiquinone is a form of CoQ10 produced naturally in the body. Thirty years of research has made ubiquinone the more familiar form of CoQ10 for consumers but ubiquinol is quickly getting ahead in the energy game. Why? To generate cellular energy (ATP), the body must first convert ubiquinone into ubiquinol (CoQH2-10). Without this happening, energy can not be produced, nor energy levels sustained. Without energy, a cell dies, affecting and compromising health of the whole body. Game over.

Why take ubiquinol?

It’s more bio-active. More than 90% of the CoQ10 in blood plasma and tissues of healthy individuals is in the ubiquinol form. Before ubiquinol supplements came on the scene, the only way to increase CoQ10 levels was the slow way – by taking the ubiquinone form and waiting for the body to naturally convert it to active ubiquinol. Research shows this conversion is more difficult with age and in certain conditions. Ubiquinol absorbs 4-8 times better into the bloodstream, reduces fatigue 90% more efficiently and slows aging by 40%.

Ubiquinol levels have been shown to be reduced in people with cardiovascular, neurological, liver and diabetes-related conditions, putting them in a “check” position. In fibromyalgia, mitochondrial dysfunction may alter cellular CoQ10 levels, affecting energy availability and ubiquinol may have a more efficient energy response than ubiquinone. Other conditions treated with CoQ10 include AIDS, cardiomyopathy, gum disease, hypertension, migraines, muscular dystrophy, statin use and to delay Parkinson’s progression.

What else do I need to know?

For those who cannot efficiently convert ubiquinone to ubiquinol, taking “straight” ubiquinol will restore healthy levels in plasma and organs an easier way. Ubiquinol is an extremely powerful antioxidant, offering a strong protective

defense against oxidative stress and age-related conditions to promote health system-wide.

What happens when ubiquinol levels are low?

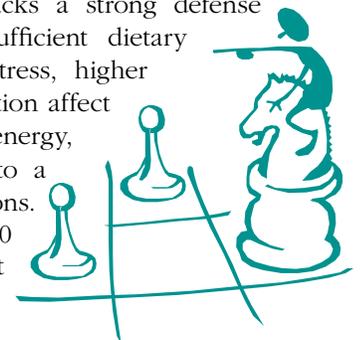
Declines in ubiquinol levels result in 1) less cellular energy and 2) diminished protection against oxidative stress, which in turn produces free radicals. Free radicals cause cellular damage to proteins, lipids and DNA. Ubiquinol provides a strong first-stage defense against this cellular oxidative damage. An increasing number of scientific reports indicate that dramatic decreases in ubiquinol levels and increased oxidative stress are associated with many age-related conditions. For example, heart disease lowers CoQ10 levels 57% and statin use 40%. While it isn’t always black and white, some disorders or diseases that require increased energy (fibromyalgia, ME/SEID) and/or high antioxidant support (like hepatitis, diabetes, AIDS), ubiquinol may be the better choice.

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Checkmate!



How is age a factor?

CoQ10 levels within the body typically begin decreasing by age 40 and as early as age 20, suggesting its close connection with aging. The body’s ability to convert dwindling levels of ubiquinone into ubiquinol also diminishes with age. Without proper levels of these vital substances, the body produces less energy and lacks a strong defense against oxidative stress. Insufficient dietary intake, increased oxidative stress, higher energy needs or any combination affect levels as well. Besides low energy, inadequate levels may lead to a number of age-related conditions. Aging alone reduces CoQ10 levels 72% in the muscle that uses it the most: your heart.



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Ubiquinol CoQ10

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Can I get ubiquinol from food?

Although you can get both in small amounts from diet (mostly meats like beef, chicken), you would have to eat such large amounts as to make food an impractical CoQ10 resource. Young, healthy individuals in their 20s and 30s can synthesize ubiquinone to easily convert it to ubiquinol. Age and disease affect this process, making it more difficult to maintain optimal levels.

How much ubiquinol should I take?

Whether you're a pawn or a king, the recommended dose of ubiquinol varies based on each individual's needs. However, those who are older or suspect they have decreased levels due to disease may want to start supplementing with 200-300 mg per day. Since ubiquinol is pre-converted, it is ready for immediate use by the body. Studies show that ubiquinol plasma levels plateau at about two weeks at this dose. Then, 100 mg per day is a good maintenance dose.



When will I be able to feel the benefits?

Unlike caffeine and sugar which boost energy levels quickly and can cause a "crash" later, ubiquinol offers sustained natural energy. Although individuals differ, it generally takes 2-3 weeks to restore optimal levels in blood plasma and tissues. Most people will begin feeling the effects as their individual plasma levels start to increase, generally around the fifth day.

Are there studies on ubiquinol?

Scientists and researchers at Kaneka Corporation have been studying this nutrient for more than a decade and have conducted numerous safety and toxicity studies on the ingredient. Ubiquinol is considered a safe and vital nutrient for health. Checkmate!



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*Information compiled and adapted from Kaneka Corporation, the world's most recognized and researched CoQ10, and maker of ubiquinol, Kaneka QH™. Statements made in this article have not been evaluated by the FDA and therefore, are for informational purposes only and not intended to diagnose, treat, cure or prevent any disorder.

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Ubiquinol Research

In humans, ubiquinol is the most active (reduced) form of CoQ10. For fatigue fibromyalgia, arthritis, diabetes, cholesterol levels, oxidative stress and aging, ubiquinol is absorbed 4-8 times *better* because it's more *bioactive* and ready.

Fibromyalgia, Fatigue & Cholesterol

On just 100 mg a day, juvenile fibromyalgia (FM) patients improved abnormal cholesterol metabolism and fatigue scores in a 12 week period. This study suggests that "FM is associated with coenzyme Q10 deficiency and increased oxidative stress" and "the presence of hypercholesterolemia in this disease". And that ubiquinol therapy makes a difference in as little as 3 months. *Redox Rep* 1/13

Reduces LDL Cholesterol

LDL cholesterol is not really "bad"; it just oxidizes more readily to form artery clogging plaque, which increases stroke and heart attack risk. Ubiquinol influences genes involved in inflammatory changes and "reduced LDL cholesterol levels". According to the study, "This effect was especially noticeable in atherogenic small dense LDL particles". In a 2 week period, CoQ10 plasma levels rose 4-8 fold after supplementing 150 mg ubiquinol daily, again showing how quickly ubiquinol is absorbed and utilized. *IUBMB Life* 1/11

Glycemic Control in Diabetes

A 12 week study of male and female type 2 diabetic subjects taking glucose lowering medications were supplemented with 200 mg Ubiquinol. The result was a "significant improvement in glycosylated hemoglobin" and "glycemic control...without any adverse events". *Biofactors* 11/12

Rheumatoid Arthritis (RA)

Overproduction of inflammatory cytokines and oxidative stress are traits of RA. When given 100 mg Ubiquinol, subjects had suppression of cytokine production and reduced oxidative stress in a 2 month period, based on blood testing. *Arch Med Res* 9/15

Ubiquinol & Parkinson's Disease (PD)

CoQ10 has wide-ranging benefits at high mg doses to calm tremors and slow PD progression. Take fewer doses with ubiquinol. A 2015 study of male PD patients on 300 mg of ubiquinol a day had fewer symptoms. Those with advanced PD on Levodopa had less "wearing off" of the drug benefit which commonly occurs with disease progression. The researchers conclude that ubiquinol produced significant improvement in PD and "is safe and well tolerated". *Parkinsonism Relat Disord* 8/15

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