

Ubiquinol Buyer's Guide



For Every Age, Every Wellness Goal

Ubiquinol, the active antioxidant form of CoQ10, is making waves in wellness circles — for good reason. Ubiquinol is your overall wellness ally: it supports your heart, helps generate the cellular energy your body relies on, and acts as a powerful antioxidant protecting your cells from daily stressors and a buildup of free radicals, which causes oxidative stress and aging effects — among other benefits.

No matter your age or health goals, ubiquinol can play a foundational role in your wellness routine. It supports fitness and resilience during exercise, preconception health in your 20s and 30s, heart health and menopausal changes in your 40s and 50s, and healthy aging and cardiovascular wellness for those 50+.



Shop Kaneka Ubiquinol®'s trusted brands at [NewQ.com](https://www.newq.com)

Why Choose a Ubiquinol Supplement?

Ubiquinol does more than just support heart health: it's a powerful antioxidant that supports your body in a number of ways:

- **Cellular & Mitochondrial Health:** Ubiquinol and cellular mitochondria work together to fuel your cells' energy production processes so your tissues, organs, muscles and body can function as they should at every age.¹
- **Healthy Aging:** As we age, the body does not convert the fully oxidized form of CoQ10 (ubiquinone) to its active antioxidant form, ubiquinol, as efficiently as when we are younger. Supplementing with Kaneka Ubiquinol® daily can help maintain ubiquinol levels, supporting energy and vitality over time.²
- **Heart Health:** Your heart has a high concentration of mitochondria given its high energy demands, and so it requires a steady supply of ubiquinol to promote cellular energy production. Support your heart health by maintaining healthy levels of ubiquinol.^{3,4,5}
- **Muscle Health & Exercise Resilience:** Ubiquinol supports muscle health and energy metabolism during exercise of many kinds. Whether you're a casual walker or enthusiastic gym goer, ubiquinol promotes overall wellness by supporting circulatory function and helping maintain a healthy oxidative balance. If you're an athlete doing highly strenuous workouts, which increases the production of free radicals, ubiquinol's antioxidant properties are especially beneficial in counteracting oxidative stress. Ubiquinol has been shown to enhance physical performance and peak power output in elite athletes. And, for those training or exercising at high altitudes, a recent study demonstrates that ubiquinol reduces fatigue and improves cardiorespiratory performance at high altitude when used at 200 mg per day.⁸
- **Menopausal Support:** For women in their 40s and 50s, ubiquinol provides antioxidant support to help manage the increased oxidative stress during menopause. Ubiquinol can also help manage common emotional symptoms, so you can feel less irritable, sensitive, and stressed with fewer mood swings, when 200 mg of ubiquinol are taken daily for at least 60 days.^{9,10}
- **Preconception Health:** Ubiquinol's antioxidant power and cellular support can support reproductive cells and systems, making it a valuable part of a healthy preconception plan for men and women.
- **Nutritional Support During Statin Use:** If you're prescribed a statin for your cholesterol, it's important to know that statins interfere with your body's natural production of CoQ10 and may lead to reduced ubiquinol levels. A Kaneka Ubiquinol® supplement is a great way to replenish and maintain blood ubiquinol levels when taking a statin medication.

What to Look for in a Ubiquinol Supplement

Ubiquinol is naturally occurring in the body, but over time, our bodies need extra support to maintain healthy levels. That's where a Kaneka Ubiquinol® supplement can help. With so many options on shelves, here's how to find the right one for you:

- **Check the Label:** Look for “ubiquinol” (not just “CoQ10” or “ubiquinone”) and the Kaneka Quality Seal on the product's label — this ensures you are getting a high-quality supplement that contains genuine Kaneka Ubiquinol®.
- **Review Ingredients:** If you're vegan, keeping kosher, or have allergies, check for the “other ingredients” that are listed, like gelatin, beeswax, or oils.
- **Form & Dose:** Most ubiquinol supplements come in softgels, with doses ranging from 50 mg to 200 mg. Softgels help preserve potency by protecting against light and oxygen.

How Kaneka Ubiquinol® Is Made

Kaneka is the only U.S. manufacturer of the ubiquinol form of CoQ10. Kaneka produces ubiquinol at its own facility in the U.S., using a yeast fermentation process that creates a bioidentical form to what your body naturally makes. Backed by more than 85 clinical studies and supported by rigorous quality testing, Kaneka Ubiquinol® — and Kaneka's trusted brands — make sure you get a safe, high-quality product every time.

“Remember that ubiquinol CoQ10 is not the same as conventional CoQ10 (ubiquinone).”



Dive further into the [distinctions between ubiquinone and ubiquinol.](#)

Ubiquinol Buyer's Guide



How to Take Ubiquinol

- **Getting Started:** For healthy adults, Kaneka generally recommends a dose of 100mg a day. However, depending on your health status and specific goals, your doctor might recommend starting with a higher dose of 200mg a day.
- **Tips:** You can take your supplement any time of day, but it's best to take it with food for optimal absorption. If you struggle with large pills, look for smaller softgels with the Kaneka Quality Seal.
- **When to Take:** Morning or afternoon are ideal times to take a ubiquinol supplement. If you're sensitive to changes in your schedule, avoid taking it late in the evening.

For more on what ubiquinol is and why it matters, read this blog: [“CoQ10: What it is and Why it's Important”](#)

What to Expect

Most people don't “feel” a difference right away after taking a ubiquinol supplement, but rest assured: Kaneka Ubiquinol® supports your heart, muscles, and cells from within. As an antioxidant, it helps defend against a buildup of free radicals in the body, which can cause oxidative stress and premature aging.

Always consult your healthcare provider before starting any new supplement, especially if you take blood thinners like Warfarin.

Read more information about [the relationship between ubiquinol and oxidative stress](#).



Ubiquinol Buyer's Guide



Where to Buy Kaneka Ubiquinol®

With over 200 supplement brands containing Kaneka Ubiquinol® on the market today, choosing one may seem overwhelming. You'll find supplements containing Kaneka Ubiquinol® in thousands of retailers throughout the U.S. — grocery stores, pharmacies, vitamin shops, and online. Be sure to read the label and research the brand to ensure you're getting Kaneka Ubiquinol®.

“If you can't find ubiquinol at your favorite retailer, ask someone at the store for help.”

Explore Kaneka's [trusted brands and products here](#).

Ready to support your heart, cellular wellness, aging journey, and more? Choose Kaneka Ubiquinol®, powered by science and quality, and ideal for adults of every age.

[Get more information about ubiquinol.](#)

Understanding Supplement Labels

Supplements labeled as “CoQ10” or that list “CoQ10” or “Ubiquinone” inside the Supplements Facts panel probably don't contain any ubiquinol. Check the Supplement Facts panel for “Ubiquinol” and look for the Kaneka Quality Seal on the label. If you don't see them, you're likely buying the less advanced, oxidized form of CoQ10.

If your supplement combines ubiquinol with other nutrients (like Omega-3s or Vitamin E), make sure you know how much ubiquinol you're getting per serving. Most people take at least 100 mg of ubiquinol daily, the amount used in many clinical studies.

Supplement Facts

Serving Size 1 softgel

Amount Per Serving

Kaneka Ubiquinol®	100mg	†
-------------------	-------	---

† Daily Value not established

Other ingredients: D-Limonene Oil, Bovine Gelatin, Glycerin, Purified Water, Caprylic Acid, Capric Acid, Caramel Liquid (color), Alpha Lipoic Acid

Distributed by Kaneka® North America LLC
6250 Underwood Rd. Pasadena, TX 77507

Contains Kaneka Ubiquinol® made in the USA.

Kaneka Ubiquinol®, the Kaneka Q®, and the Kaneka Quality Seal® are registered trademarks in the USA of Kaneka Corporation.

Ubiquinol Buyer's Guide



***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.**

1. Bratic A, Larsson NG. The role of mitochondria in aging. *J Clin Invest*. 2013 Mar;123(3):951-7.
2. Beckman KB, Ames BN. The free radical theory of aging matures. *Physiol Rev*. 1998;78(2):547-81.
3. Sabbatinelli J, Orlando P, Galeazzi R, Silvestri S, Cirilli I, Marcheggiani F, Dladla PV, Giuliani A, Bonfigli AR, Mazzanti L, Olivieri F, Antonicelli R, Tiano L. Ubiquinol ameliorates endothelial dysfunction in subjects with mild-to-moderate dyslipidemia: A randomized clinical trial. *Nutrients*. 2020 Apr 15;12(4):1098.
4. Piquereau J, Caffin F, Novotova M, Lemaire C, Veksler V, Garnier A, Ventura-Clapier R, Joubert F. Mitochondrial dynamics in the adult cardiomyocytes: which roles for a highly specialized cell? *Front Physiol*. 2013 May 10;4:102.
5. Martini FH. Metabolism, Nutrition and Energetics. In: *Fundamentals of Anatomy and Physiology*, Prentice Hall, Inc, Upper Saddle River, New Jersey, 12th edition, 2024, pps 81-82.
6. Sarmiento A, Diaz-Castro J, Pulido-Moran M, Moreno-Fernandez J, Kajarabille N, Chiroso I, Guisado IM, Javier Chiroso L, Guisado R, Ochoa JJ. Short-term ubiquinol supplementation reduces oxidative stress associated with strenuous exercise in healthy adults: A randomized trial. *Biofactors*. 2016 Nov 12;42(6):612-622.
7. Alf D, Schmidt ME, Siebrecht SC. Ubiquinol supplementation enhances peak power production in trained athletes: a double-blind, placebo controlled study. *J Int Soc Sports Nutr*. 2013 Apr 29;10:24.
8. Liu Z, Yang J, Yang B, Sun M, Ye X, Yu S, Tan H, Hu M, Lv H, Wu B, Gao X, Huang L. Effect of ubiquinol on electrophysiology during high-altitude acclimatization and de-acclimatization: A substudy of the Shigatse CARDiorespiratory fitness (SCARF) randomized clinical trial. *Int J Cardiol*. 2024 Apr 15;401:131817.
9. Palacios S, Ramírez M, Lilue M, Barahona S, Rodríguez D. Estudio clínico para conocer la eficacia de la Coenzima Q-10 sobre la calidad de vida en mujeres postmenopáusicas. *Toko-Gin Pract*. 2019;78(1):3-7. (Proprietary English translation on file).
10. Kaneka Internal Report. Real-life UBIQUINOL study on 200 postmenopausal women. Expansion Consulteam. 2024.