



**Nutritional support for heart and arterial health, circulation, peak energy production, and oxidative stress**

## APPLICATIONS / BENEFITS

- Provides potent lipid-soluble antioxidant defenses
- Promotes and maintains cellular energy production
- Supports cardiovascular health
- Helps replenish statin-related CoQ10 depletion
- Vegetarian softgel

## OVERVIEW

**Patient One Ubiquinol 100 mg** supplies the active antioxidant form of CoQ10, known for its superior bioavailability and absorption in adults over 40. Ubiquinol is responsible for the powerful benefits traditionally associated with CoQ10, and makes up over 95% of the total CoQ10 in the plasma of a healthy individual. Young healthy individuals can make their own CoQ10 and convert it into Ubiquinol but as we get older our ratio of Ubiquinol to CoQ10 may decrease as a result of oxidative stress.

## KEY INGREDIENTS

### Ubiquinol 100 mg as Kaneka™

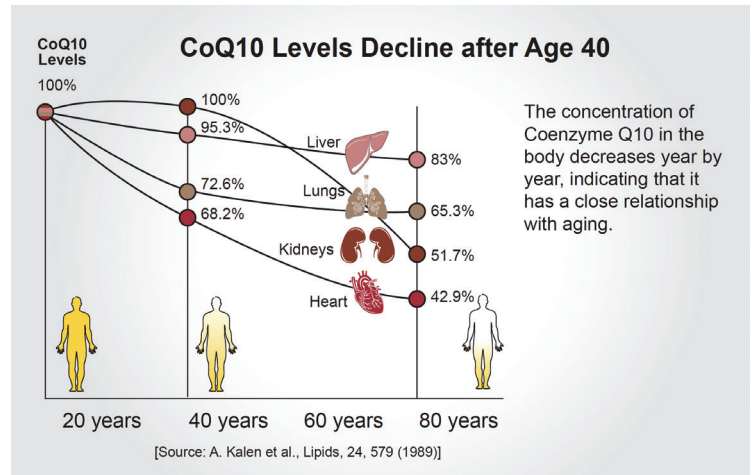
As the active, more readily available form of Coenzyme Q10, ubiquinol sparks energy production in the mitochondria of every cell in the human body while providing potent antioxidant protection against free radical damage. Ubiquinol optimizes overall cardiovascular wellness by promoting myocardial energy production, healthy circulation, vascular integrity and blood pressure that is already within in a normal range. Concentrated in the heart, ubiquinol has been found to be suppressed in those with cardiovascular issues.

### Ubiquinol Can Reverse Age- and Statin-Related CoQ10 Decline

Many of us age 40+ are rapidly losing ubiquinol as a result of two main factors:

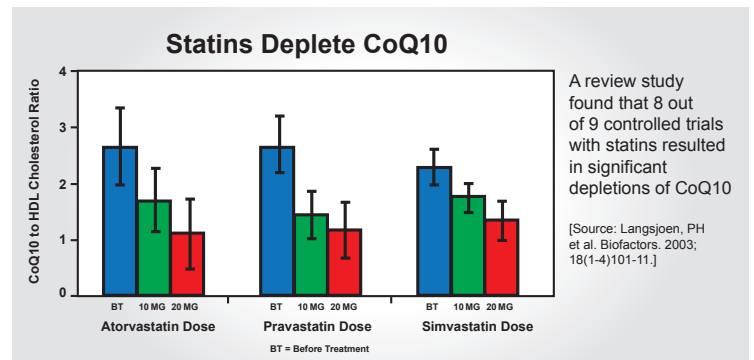
#### Age

As we grow older, we naturally have a harder time absorbing CoQ10 and converting it into active ubiquinol. This age-related decline is believed to start after age 40.



## Statin Drugs

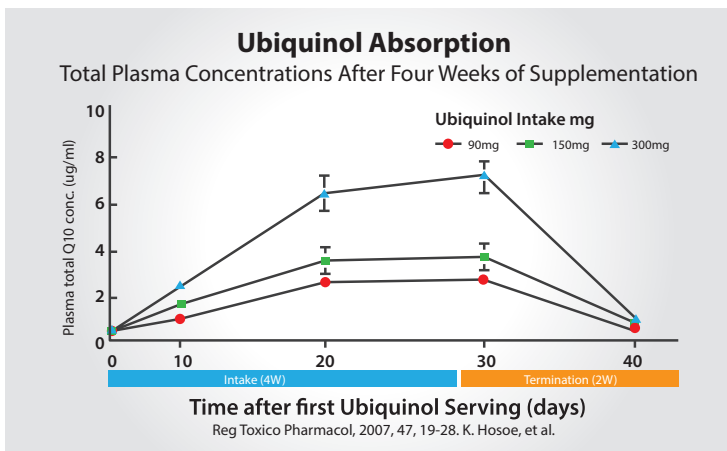
While statin drugs help many Americans' heart health, they present a paradoxical side effect: statin drugs inhibit CoQ10 production in the body, which may leave the heart susceptible to a number of different negative health conditions. The good news: Experts believe that statin drug-induced CoQ10 deficiency may be "completely [reversible] with supplemental CoQ10" <sup>7</sup>.



## RESEARCH

### Enhanced Bioavailability

Research suggests smaller servings of Ubiquinol appear far more efficient at raising plasma levels of CoQ10 (see chart below). One study suggests that those taking Ubiquinol had a 430% increase in plasma levels, compared to those taking CoQ10 alone.<sup>6</sup> 100 mg is an ideal way to gain CoQ10's nutritional wellness.



### Ubiquinol (CoQ10) Cardiological Studies

Over 1,100 patients with heart concerns were given 50-150 mg of CoQ10 daily for three months. At study's end, cardiologists reported that 80% of the patients enjoyed positive results by taking CoQ10 as a complementary therapy. Overall, 54% of subjects improved in three or more heart symptoms, which researchers interpreted as enhancement in quality of life.<sup>1</sup>

1,715 patients with heart concerns were given 50 mg CoQ10 daily for only four weeks while still receiving conventional therapy. The study authors reported that CoQ10, in conjunction with conventional treatment, was associated with significant improvement. Physicians' assessment of the patients was also positive, with 86.5% reporting "fairly good" to "excellent" CoQ10 therapy results.<sup>2</sup>

## REFERENCES

1. Baggio E, Gandini R, Plancher AC, Passeri M, Carmosino G. Italian multicenter study on the safety and efficacy of coenzyme Q10 as adjunctive therapy in heart failure (interim analysis). The CoQ10 Drug Surveillance Investigators. Clin Investig. 1993;71(8 Suppl):S145-9.
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5. Evans M, et al. A randomized, double-blind trial on the bioavailability of two CoQ10 formulations. Journal of Functional Foods 1 (2009) 65-73.
6. Wada H. et al. Redox status of coenzyme q10 is associated with chronological age. JAGS July 2007 Vol. 55 No. 7

The statements in this document have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

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## Supplement Facts

Serving Size: 1 Softgel

### Amount Per Serving

Kaneka Ubiquinol™ (active form of Coenzyme Q10) 100 mg\*

\* Daily Value not established

**Other Ingredients:** non-GMO vegetable oil, beeswax, non-GMO soy lecithin, vegetarian softgel (vegetable starch, glycerol, sea vegetable extract)

**Free of:** milk, egg, fish, peanuts, crustacean shellfish, soy, tree nuts, wheat, yeast and gluten. Free of ingredients derived from GMOs.

**Suggested Use:** Take 1 vegetarian softgel daily, preferably with a meal, as a dietary supplement or as directed by your health practitioner. Store in a cool, dry place. Do not freeze.

**Caution:** If you are pregnant, nursing, or taking any medications, consult your health practitioner before use. Discontinue use and consult your health practitioner if any adverse reactions occur. **Keep out of reach of children.** Use only if safety seal is intact.



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Vegetarian

Gluten Free

Non-GMO

Softgels

**Patient One**  
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