UBIQ 50mg

<table>
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<tr>
<th>NPN</th>
<th>80042494</th>
<th>FORMAT</th>
<th>100 softgels</th>
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<tbody>
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<td>INDICATIONS</td>
<td>UBIQ is a powerful source of antioxidants that helps restore the reproductive and cardiovascular capacities of men and women.</td>
<td>DOSAGE</td>
<td>2-4 capsules per day, for 3 to 6 months (After medical advice).</td>
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<td>CAUTION</td>
<td>Consult a health-care practitioner before use if you are pregnant or breastfeeding, if you are taking blood pressure medication or blood thinners.</td>
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COMPOSITION

Ubiquinol ..................................................... 50mg
(Kaneka QH Ubiquinol® – Reduced form of COQ 10)

DOCUMENTATION

Fertility is the first biological function affected by age in women. In terms of reproductive capacity, advanced maternal age is responsible for the decline of ovarian reserve, which is generally accompanied by a decrease of oocyte quality. The most advanced research has shown that ovarian aging is associated with mitochondrial dysfunction, affecting energy production and oxidative balance. Thus, it has been shown that attenuation of mitochondrial performance generated by a sub-optimal availability of coenzyme Q10 can lead to ovarian failure associated with age. Indeed, the amount of coenzyme Q10, molecule involved in the mitochondrial function is significantly decreased in women aged over 37 years. However many studies conducted both in women and animals have shown that supplementation with coenzyme Q10 is able to restore ovarian reserve and oocyte quality. Finally, many studies used to highlight the interest of using coenzyme Q10 in men hypofertiles.

Finally, Ubiquinol acts as a cardioprotector by its beneficial effects on blood pressure and cholesterol, which helps prevent cardiac complications.

COENZYME Q10: KANEKA QH UBIQUINOL®

Ubiquinol is the most biologically active form of coenzyme Q10. Coenzyme Q10 is a vitamin-like substance which serves as a source of energy and antioxidant. Coenzyme Q10 is produced naturally by the body, but the amount gradually decreases with age.
The use of ubiquinol as a food supplement in older women could improve the function of mitochondria in the oocyte, resulting in a reduction of aneuploidy rate and improved embryo quality\textsuperscript{4,5}. In men, ubiquinol could reduce the fragmentation of the sperm DNA and improve sperm motility\textsuperscript{8-11}.

Ubiquinol is a promising complementary treatment to improve cardiovascular function in patients suffering from heart failure\textsuperscript{12}.

REFERENCES