



KANEKA
UBIQUINOL™

100+ STUDIES
80+ PATENTS
45+ YEARS OF RESEARCH

Healthy Ageing

MITOCHONDRIAL FUNCTION, HEALTH AND LONGEVITY

Ageing is a natural process. But **how we age** – our vitality, resilience and quality of life – **is deeply linked to mitochondrial health**. Mitochondria are the powerhouses of our cells, responsible for producing the energy (adenosine triphosphate – ATP) required for every physiological function. However, **with age, mitochondrial function declines** due to oxidative stress, inflammation, DNA damage and a **reduced production of Ubiquinol** by the body, contributing to conditions associated with ageing – fatigue, metabolic slowdown, cardiovascular concerns, cognitive decline and reduced musculoskeletal strength.

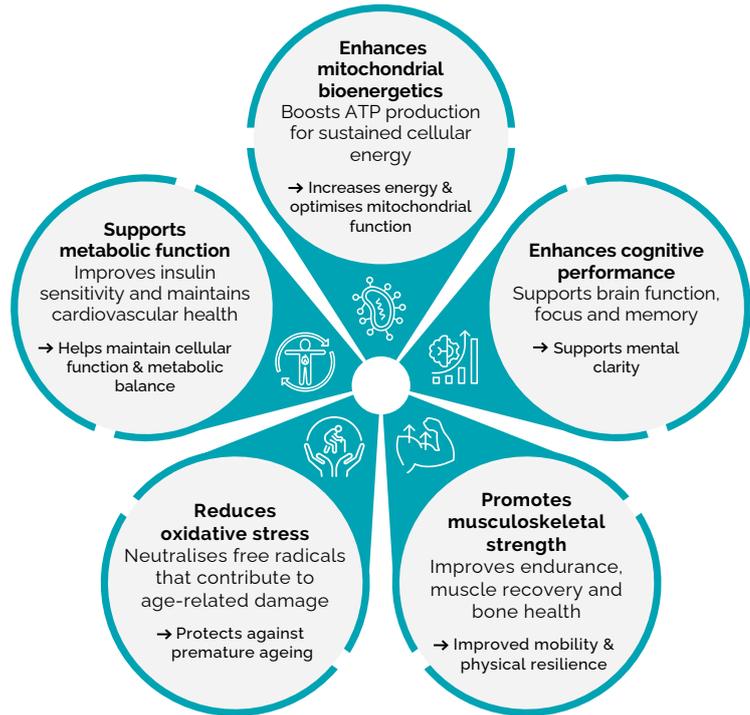
Ubiquinol **helps maintain optimal mitochondrial health, energy metabolism and cellular resilience**. By protecting against oxidative damage and enhancing ATP production, Ubiquinol plays a **crucial role in extending healthspan** – the number of years we live in good health.

WHY MITOCHONDRIAL HEALTH IS THE KEY TO AGEING WELL

Insufficient Ubiquinol levels lead to **diminished mitochondrial respiration activity**, resulting in lower ATP production, increased oxidative stress, mitochondrial damage, and subsequent mitochondrial dysfunction.

Mitochondria generate more than 90% of the body's energy but their **efficiency declines with age**, which affects multiple systems in the body, **accelerating ageing and increasing the risk of chronic conditions**.

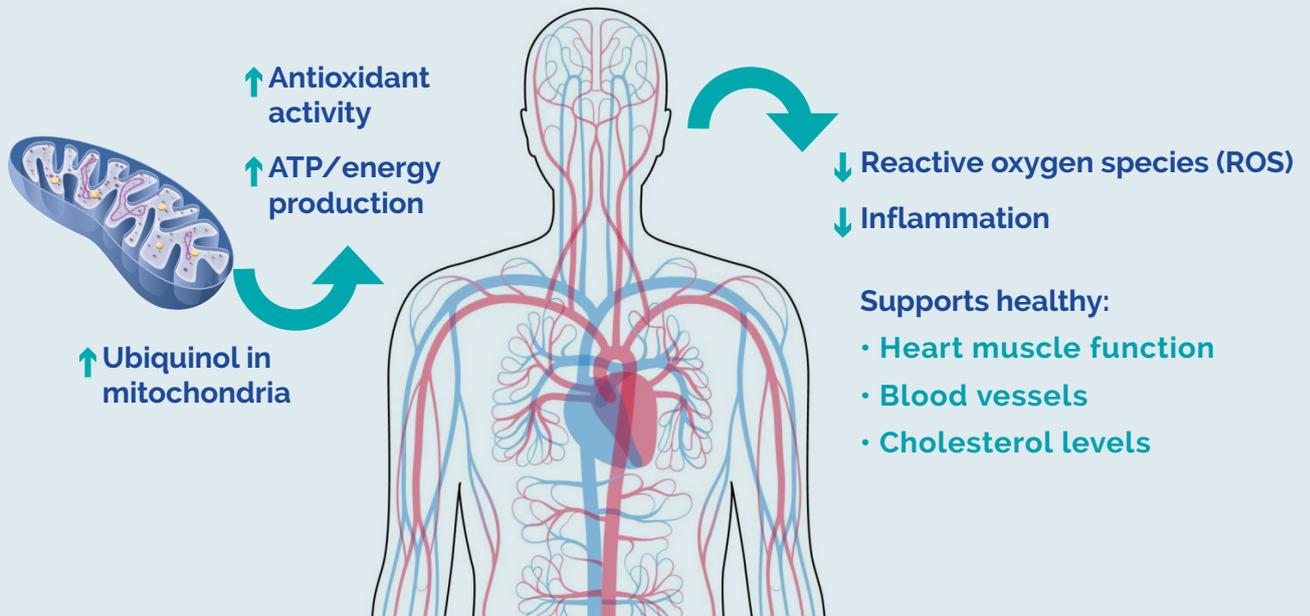
UBIQUINOL SUPPORTS HEALTHY AGEING



UBIQUINOL BENEFITS THE BODY DURING ALL LIFE STAGES

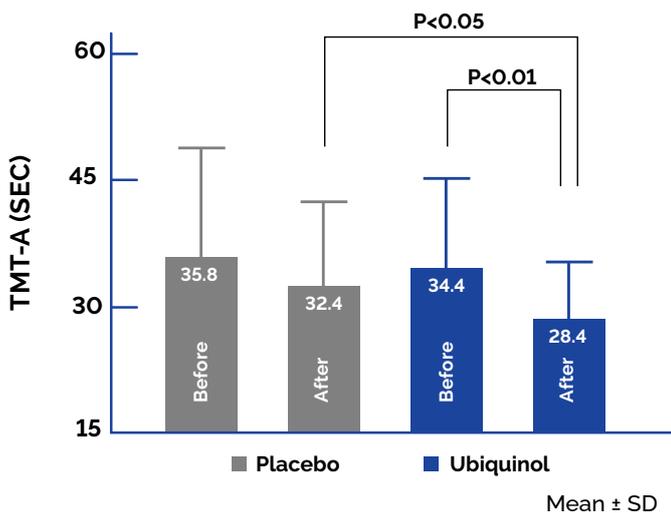
- ➔ **Cellular health and function:** Supports mitochondrial energy production, protects against oxidative stress and inflammation, preserves cellular longevity and DNA integrity.
- ➔ **Cardiovascular health:** Helps maintain heart function, reduces vascular stiffness, supports healthy blood pressure and cholesterol levels, and lowers oxidative stress associated with heart disease, as well as reducing symptoms associated with cholesterol lowering medications.
- ➔ **Neurological function:** Enhances cognition, focus and mood, reduces mental and physical fatigue, and supports stress resilience and better sleep quality.
- ➔ **Metabolic support:** Assists weight management, and combats oxidative stress in type 2 diabetes and metabolic syndrome.
- ➔ **Reproductive and hormonal balance:** Improves egg and sperm quality, enhances fertility outcomes, and supports menopause-related energy, mood and skin health.
- ➔ **Musculoskeletal health:** Increases exercise endurance and post-workout recovery, reduces muscle damage, supports bone density and assists premature ageing of skin.
- ➔ **Dietary support:** Helps address lower Ubiquinol levels commonly found in plant-based diets, supporting energy levels & overall wellness.

HEALTHY CARDIOVASCULAR FUNCTION



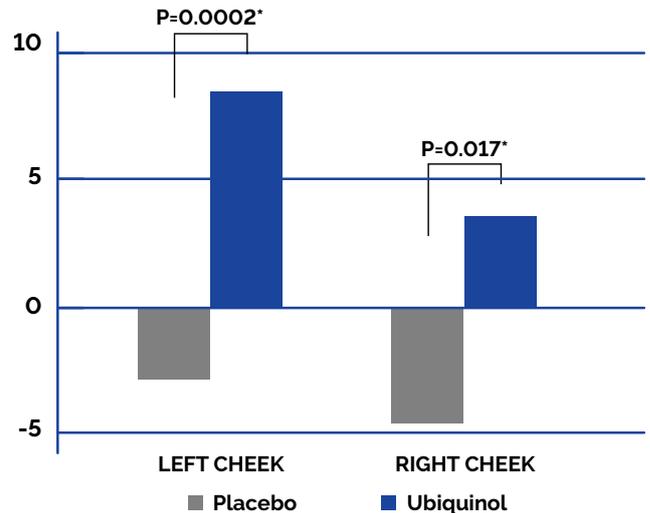
Improves Cognitive Performance Over 34 Weeks

100 mg Ubiquinol improves memory, attention and information processing³³



Improves Stratum Corneum (Skin Moisture) Variation After 4 Weeks

100 mg Ubiquinol improves skin condition due to ageing in healthy women⁶⁷

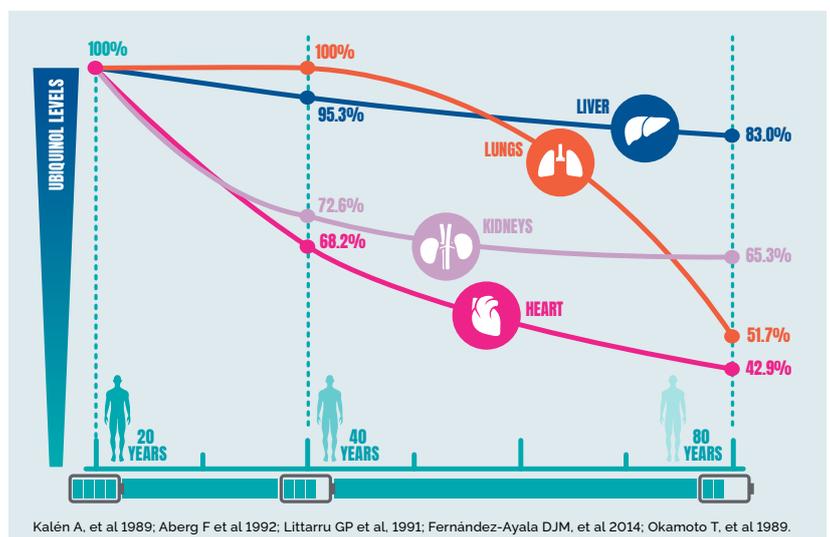


Trial making test (TMT): Measuring cognitive domains of processing speed, sequencing, mental flexibility and visual motor skills in seconds

A SCIENCE-BACKED APPROACH TO HEALTHY AGEING

With over 100 clinical studies, 45+ years of research and patented Japanese-precision fermentation technology, Kaneka Ubiquinol™ is the world's only stable and bioidentical Ubiquinol supplement. As Ubiquinol levels naturally decline by up to 50% by midlife, supplementation provides a proven strategy to maintain energy, protect cells, and promote longevity.

Clinical studies show that Ubiquinol supplementation improves cardiovascular, neurological, metabolic and reproductive health, making it a cornerstone for healthy ageing and longevity.



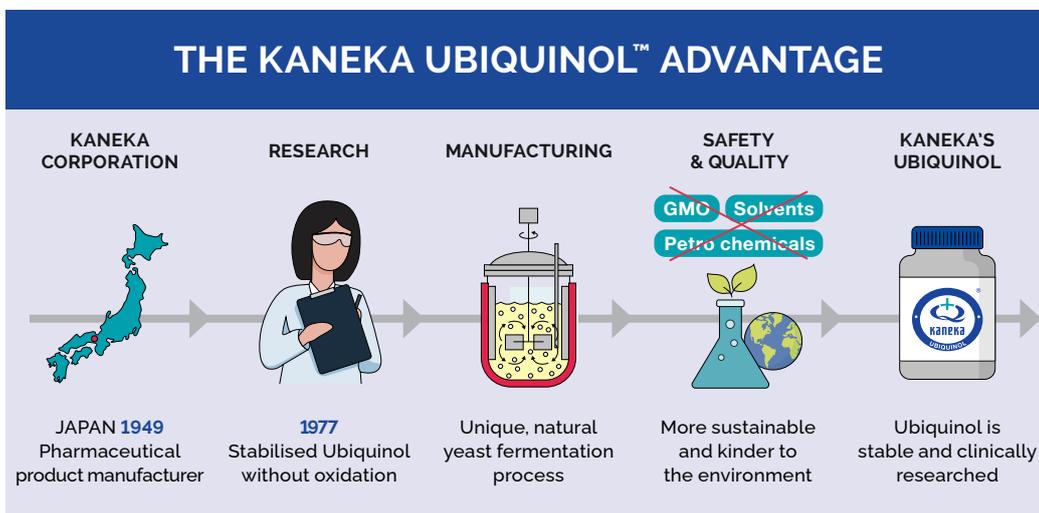
EVIDENCE-BASED DOSING

CONDITION		DAILY DOSE	ACTIONS/BENEFITS OF UBIQUINOL	REFS
CELLULAR HEALTH & FUNCTION 	Mitochondrial dysfunction	100-400 mg	<ul style="list-style-type: none"> Provides antioxidant and anti-inflammatory activity Improves cellular energy efficiency Reduces oxidative stress and DNA damage Optimises electron transport chain (ETC) and mitochondrial function 	1-7
	Decreased longevity and poor healthspan	100-300 mg	<ul style="list-style-type: none"> Delays ageing symptoms Improves vitality Enhances quality of life (QoL) Reduces risk of chronic disease by supporting mitochondrial bioenergetics Promotes longevity, while also extending healthspan, by: <ul style="list-style-type: none"> slowing mitochondrial DNA damage reducing inflammation and oxidative stress 	6,8-12
CARDIOVASCULAR 	Cardiovascular disease (CVD) increased risk, aged 40-65 years	100-600 mg	<ul style="list-style-type: none"> Decreases oxidative stress and inflammation, and susceptibility to CVD by supporting levels of myocardial ubiquinol that decline with age Reduces CVD risk in people both with and without established CVD and reduces mortality from CVD causes by: <ul style="list-style-type: none"> preventing accumulation of oxidised LDL in arteries decreasing vascular stiffness and hypertension slowing the progression of arteriosclerosis increasing nitric oxide (NO) levels for vasodilation 	4,13-20
	Hypertension	100-200 mg	<ul style="list-style-type: none"> Has effective antihypertensive action, lowering systolic and diastolic blood pressure 	21,22
	Dyslipidaemia	100-200 mg	<ul style="list-style-type: none"> Reduces LDL oxidation Ameliorates dyslipidaemia-related endothelial dysfunction Increases NO levels, leading to better vascular health and reduced CVD risk 	13,15
	Statin-associated fatigue and myalgia	60-300 mg	<ul style="list-style-type: none"> Replaces depleted plasma levels caused by statins and helps alleviate the associated side-effects 60 mg negates: <ul style="list-style-type: none"> pain by 53.8% muscle weakness by 44.4% 	23-26
NEUROLOGICAL 	Energy/fatigue and vitality	100-150 mg	<ul style="list-style-type: none"> Relieves feelings of fatigue and sleepiness after cognitive tasks Reduces mental and physical fatigue, with fatigue reduction observed with higher daily doses and longer treatment duration Effective for both healthy individuals and those with chronic conditions 	27-30
	Mood, stress and sleep	100 mg	<ul style="list-style-type: none"> Reduces stress Benefits mood Improves sleep-related problems Reduces physical symptoms due to job stress 	31,32
	Cognition/Brain health	100 mg	<ul style="list-style-type: none"> Improves memory, attentiveness and work processing ability in the middle-aged and elderly 	33,34
METABOLIC 	Metabolic syndrome and weight management	100-200 mg	<ul style="list-style-type: none"> Increases Ubiquinol levels that are found to be reduced in obese individuals Reduces oxidative stress and inflammatory processes that are increased in those who are overweight with metabolic syndrome, insulin resistance or fatty liver disease 	35-39
	Type 2 diabetes (T2DM)	100-200 mg	<ul style="list-style-type: none"> Increases Ubiquinol levels that are found to be deficient in those with T2DM Improves glycaemic control, insulin sensitivity and antioxidant capacity Reduces HbA1c levels Enhances beta cell function and supports diabetes management 	35,40,41
REPRODUCTIVE & HORMONAL 	Fertility – female	100-600 mg	<ul style="list-style-type: none"> Decreases oxidative stress, enhancing oocyte quality Improves secretion of FSH and LH among infertile females Improves occurrence of clinical pregnancies, including for those undergoing IVF for unexplained infertility 	42-48
	Fertility – male	150-400 mg	<ul style="list-style-type: none"> Reduces oxidative stress to significantly improve sperm health: <ul style="list-style-type: none"> density (by 53%) motility (by 26%) morphology Higher doses and longer supplementation periods yielding better results and therefore higher pregnancy outcomes 	49-55
	Menopausal symptoms (mood, energy, QoL)	100 mg	<ul style="list-style-type: none"> Via its antioxidant activity in mitochondrial function, improves: <ul style="list-style-type: none"> energy mood skin condition general health quality of life 	56,57

CONDITION		DAILY DOSE	ACTIONS/BENEFITS OF UBIQUINOL	REFS
MUSCULOSKELETAL 	Exercise endurance and recovery	100-300 mg	<ul style="list-style-type: none"> Increases peak power output Improves exercise endurance Reduces muscle damage Lowers fatigue levels Provides faster heart rate recovery and improved energy regeneration post-exercise, reducing fatigue by lowering levels of oxidative stress markers, and increasing total antioxidant capacity and fat-soluble antioxidants in plasma and muscle, as well as maintaining NO levels and improving blood flow and muscle recovery 	30,58-65
	Bone health	200 mg	<ul style="list-style-type: none"> Enhances bone turnover and increases bone formation biomarkers, crucial for bone health, during strenuous exercise 	66
	Skin health	100 mg	<ul style="list-style-type: none"> Via its protective antioxidant action and preservation of mitochondrial function, improves age-related skin conditions such as: <ul style="list-style-type: none"> dryness elasticity trans-epidermal water loss corneocytes size collagen content 	67-69
DIET 	Vegan/vegetarian diet	Not specified	<ul style="list-style-type: none"> Increases concentrations in those with a vegetarian/vegan diet that is 23.3% lower than omnivores 	70

Cautions and contraindications⁷¹⁻⁷³

- Ubiquinol is present naturally in the human body. Supplements are **generally well-tolerated** with only minor and infrequent adverse effects, including mild insomnia, stomach upset, nausea, vomiting and diarrhoea.
 - These effects may be minimised if doses >100 mg are divided into two or three daily doses.
- According to the Therapeutic Goods (Listing) Notice for Ubiquinol by TGA, Ubiquinol is safe at doses up to 300 mg a day.
- Because reliable data in lactating women are not available, supplementation in breast-feeding women should be discussed.
- Ubiquinol is chemically similar to menaquinone and might have vitamin K-like procoagulant effects, which could decrease the effects of anticoagulants such as warfarin.



SCAN THE QR CODE TO ACCESS REFERENCES FOR THIS FACT SHEET AND OTHER RESOURCES



 **Ubiquinol APAC**
 hello@ubiquinol.net.au
 www.ubiquinol.net.au
 [KanekaUbiquinolAPAC](https://www.youtube.com/KanekaUbiquinolAPAC)




WINNER
NUTRA
 INGREDIENTS ASIA
 AWARDS 2024


cma
 RAW MATERIAL SUPPLIER
 AWARD WINNER
 2024


NATURAL HEALTH PRODUCTS
 INDUSTRY AWARDS 2025 WINNER
MARKETING
\$2 MILLION AND OVER IN SALES
FORBES PACKAGING