Enhance your Coenzyme Q10 Benefits

Coenzyme Q10 (CoQ10) has been hailed as the ultimate anti-aging nutrient, and with good reason: it is present in practically all the body’s cells, where it supplies potent antioxidant activity while sparking cellular energy.

What is Ubiquinol?

Ubiquinol is the “active” antioxidant form of Coenzyme Q10 (CoQ10). Unlike CoQ10, ubiquinol does not need to be converted by the body in order to provide wellness benefits. Since it is pre-converted and ready-to-use, ubiquinol is believed to be a superior form for adults who may have difficulty absorbing and converting regular CoQ10.

Anything CoQ10 does, ubiquinol does more efficiently. Research has shown that:

- Ubiquinol raises CoQ10 blood levels more effectively than straight CoQ10 alone.
- Those taking ubiquinol had a 430% increase in blood CoQ10 levels when compared to those taking CoQ10 in one study.
- Ubiquinol has superior absorption and is far more bioavailable than CoQ10.
- Ubiquinol’s easy absorption appears to be more pronounced in adults over age 40.

Primary Care Nutritional Support for:

Heart/Arterial Health & Circulation
Peak Energy Production
Healthy Cognitive Function
Enhance Your Coenzyme Q10 Benefits

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CoQ10’s actions are famously beneficial for cardiovascular health. CoQ10 energizes the heart, supports balanced cholesterol, helps with blood pressure and keeps arteries flexible. CoQ10’s benefits extend beyond cardiovascular health into anti-aging and youthful well-being, too: It supports wrinkle-free skin, peak energy levels, immune system health and sharp mental function.

While these diverse benefits have made CoQ10 well-known, it is a lesser-known form of the nutrient that is responsible for its health-enhancing power: Ubiquinol.

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**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.

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**CoQ10 Levels Decline after Age 40**

The concentration of Coenzyme Q10 in the body decreases year by year, indicating that it has a close relationship with aging.

(Source: A. Kalen et al., Lipids, 24, 579 (1989))

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**Statins.** Prescribed to lower cholesterol, statin drugs can dramatically deplete the body’s CoQ10 and ubiquinol stores, which may put nutritional status at risk.

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**Statins Deplete CoQ10**

A review study found that 8 out of 9 controlled trials with statins resulted in significant depletions of CoQ10.

(Source: Langsjoen, PH et al. Biofactors. 2003; 18(1-4)101-11.)
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Ubiquinol offers significant advantages to those over age 40 because it is nearly twice as absorbable as CoQ10. Plus, ubiquinol does not need to be converted in order to provide wellness benefits. Ubiquinol is “pre-converted”, ready to go to work immediately.

Patient One Ubiquinol QH 100 mg

Patient One Ubiquinol QH supplies a potent 100 mg serving of superior-quality ubiquinol, and is formulated in vegetarian liquid-filled capsules for faster, easier absorption — maximizing ubiquinol’s health-enhancing benefits across diverse body systems and areas of wellness.

CARDIOVASCULAR WELLNESS

Highly concentrated in the heart, ubiquinol has been found to be suppressed in those with cardiovascular problems. Ubiquinol supports overall cardiovascular wellness by promoting heart energy, heart output, free-flowing circulation, arterial flexibility and blood pressure that’s already within normal range.

Ubiquinol’s potent antioxidant activity also inhibits LDL (low-density lipoprotein) cholesterol oxidation while protecting heart tissues from free radical damage. With its far-reaching cardioprotective effects, ubiquinol is an important nutrient for heart and cardiovascular health.

ANTI-AGING SUPPORT

In healthy young adults, 90% or more of the total CoQ10 in the body is in the active ubiquinol form. Early research has suggested ubiquinol levels significantly decline with age and free radical-induced oxidative stress. This declining ratio of “active” ubiquinol to “inactive” CoQ10 has led some experts to emphasize the importance of supplementing with...

### PEAK ENERGY PRODUCTION

Since the body does not store energy, it must be produced, and ubiquinol is required for the body to generate energy. In fact, ubiquinol “sparks” 95% of cellular energy production. Restoring this vital nutrient to optimal levels in people over 40 will restore the same type of youthful energy the body produced when it could efficiently convert CoQ10 to ubiquinol and maintain adequate concentrations of ubiquinol in plasma and tissues. Underscoring the importance of its role, ubiquinol is most concentrated in the organs and tissues with the highest energy requirements, including the heart, brain, lungs and kidneys. Some people report youthful revitalization and improved “life energy” during ubiquinol supplementation in just a couple of weeks.

### SHARP COGNITIVE FUNCTION

Ubiquinol is one of the only antioxidant compounds capable of crossing the blood-brain barrier. Here, ubiquinol defends brain cells from free radicals, supports overall brain health, and optimizes energized mental clarity.

**Talk to your practitioner today about how Patient One Ubiquinol QH can help enhance your health and restore your natural energy.**
It’s in the very name of Patient One: patients come first.

Our patient-centric approach starts with quality ingredient sourcing and cutting-edge product development, and continues through superior manufacturing and stringent quality control procedures. Everything we do is designed to help you achieve better health.

Patient One’s premier line of MediNutritional products is available exclusively through health care practitioners. Your physician has selected Patient One™ MediNutritionals, knowing that nutritional supplement quality and effectiveness can vary greatly from brand to brand. With Patient One, you have access to an advanced, science-based supplement brand backed by 25 years’ experience in formulating and manufacturing.

Our formulas, developed by nutritionists and scientists, take advantage of today’s leading branded and heavily researched ingredients. Our products are designed to supply ideal dosages of each active ingredient, mirroring levels used in positive clinical research studies. What’s more, we select the delivery form for optimal absorption to promote maximum nutritional benefits.

Patient One is proud to be your trusted source for superior-quality nutritional supplements.

To order this and other Patient One supplements, contact your health care professional below, or call toll free 877.723.0777 or visit our web site: www.patientoneformulas.com.

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