Ubiquinol QH 100mg

Primary Care Nutritional Support for:
Heart/Arterial Health & Circulation
Peak Energy Production
Oxidative Stress Damage

KEY INGREDIENTS
Ubiquinol 100 mg as Kaneka QH™
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 a normal range. Concentrated in the heart, ubiquinol has been found to be suppressed in those with cardiovascular issues. Ubiquinol provides an active defense against oxidative damage to lipids, proteins and DNA.

Statin Drugs and Ubiquinol
Supplemental ubiquinol helps to reverse the CoQ10 depletion sometimes associated with cholesterol-lowering statin drugs.

TOLL FREE 877.723.0777  FAX 631.270.9302  www.patientoneformulas.com

UNIQUE PROPERTIES
Patient One Ubiquinol QH 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.

PATIENT BENEFITS
- Provides potent lipid-soluble antioxidant defenses
- Promotes peak myocardial energy and heartbeat output
- Optimizes circulation: healthy and flexible blood vessels
- Inhibits the peroxidation of cell membrane lipids
- Promotes and maintains energy production
- Supports cholesterol and blood pressure already within normal range
- Helps replenish statin-related CoQ10 depletion


[Statins Deplete CoQ10]
A review study found that 8 out of 9 controlled trials with statins resulted in significant depletions of CoQ10

From 2000 to 2005, spending on statins increased 156% and the number of people taking statins increased to 30 million. 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” — thus restoring heart health-promoting energy and antioxidant protection.

Enhanced Bioavailability

Research suggests smaller servings of Ubiquinol appear far more efficient at raising plasma levels of CoQ10 (see chart below). In fact, one study suggests that those taking Ubiquinol had a 430% increase in plasma levels, compared to those taking CoQ10 alone. CoQ10 levels decline with age, and supplemental CoQ10 is difficult for those over age 40 to absorb. For these patients and patients taking statin drugs, Patient One Ubiquinol 100 mg is an ideal way to gain CoQ10’s nutritional wellness benefits.

Ubiquinol (CoQ10) Cardiological Study

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 enjoyed improvement in three or more heart symptoms, which researchers interpreted as an enhancement in quality of life. 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. 2

REFERENCES

3. Available at: http://www.ahrq.gov/research/aug08/0808RA40.htm
4. Peter H. Langsjoen, M.D., F .A.c.c. The clinical use of HMG CoAreductase inhibitors (statins) and the associated depletion of the essential co-factor coenzyme Qlo; a review of pertinent human and animal data.
7. Wada H. et.al. Redox status of coenzyme q10 is associated with chronological age. JAGS July 2007 Vol. 55 No. 7

CoQ10’s heart therapy efficacy as assessed by 378 physicians

Supplement Facts

Serving Size: 1 Softgel
Servings Per Container: 60

<table>
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<tr>
<th>Amount Per Serving</th>
<th>% Daily Value**</th>
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<tr>
<td>Coenzyme Q10 (as Kaneka QH® Ubiquinol)</td>
<td>100 mg</td>
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† Daily Value not established

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

Free of: milk, egg, fish, peanuts, crustacean shellfish (lobster, crab, shrimp), soybeans, tree nuts, wheat, yeast, gluten, corn, rice, beef, or pork. Contains NO sugar and no artificial sweeteners, flavors, colors, or preservatives.

Suggested Use: 1 softgel daily, preferably with a meal