



# Ubiquinol 100 mg



Ubiquinol is the “active antioxidant” form of Coenzyme Q<sub>10</sub> present in nearly every cell in the body. As we age, CoQ<sub>10</sub> levels naturally decline and over time, we lose the ability to convert it to the active form, ubiquinol. Ubiquinol 100 mg provides the active and bioavailable form, making it an excellent solution for adults over 40 who are less efficient at absorbing and converting CoQ<sub>10</sub>. Ubiquinol 100 mg provides this critical nutrient in a form which is readily available to neutralize free radicals to support healthy aging.

Research suggests that cholesterol-lowering statins, one of the most commonly-prescribed medications in the US, may deplete serum CoQ<sub>10</sub> levels. Many physicians recommend supplementing ubiquinol adjunctively with statin therapy to ensure adequate CoQ<sub>10</sub> levels.

## Formulation Features

- Supports mitochondrial production of ATP (energy)
- Supports healthy heart muscle function
- Supports circulatory health and vascular integrity

### Formula

Each/Chaque vegi capsule contains:

Kaneka QH Ubiquinol®	100 mg
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**Non-Medicinal Ingredients:** Vegetarian softgel (vegetable starch), vegetable oil, beeswax, Non-GMO Lecithin

**Ingédients non médicinaux:** Végétarien gélule (amidon végétal), l'huile végétale, cire d'abeille, lécithine sans GMO

To refill contact your practitioner or visit [www.restorative.com](http://www.restorative.com)  
Pour remplir avec votre praticien ou visiter [www.restorative.com](http://www.restorative.com)

Store at 15-30°C (59-86°F)

Protect from heat, light and moisture

Product is free of GMOs



Kaneka QH Ubiquinol® is a U.S. registered trademark of Kaneka Corporation



95% of our herbs and herbal extracts are certified organic or ecologically wildcrafted.

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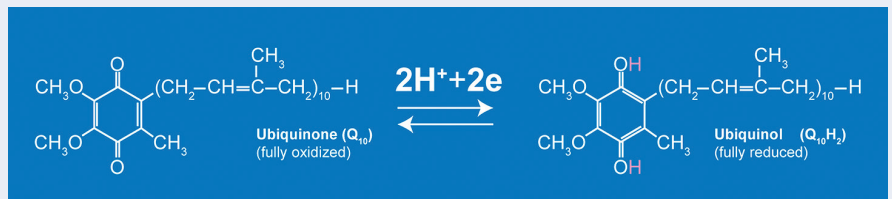
## Supplementation

- Take one capsule daily or as directed by your health care practitioner. Can be taken with or without food.

## Diet & Lifestyle

- Minimize physical and emotional stress
- Eat organic, whole foods as much as possible
- Eat small frequent meals with protein to maintain optimal blood sugar levels
- Exercise moderately and consistently
- Avoid known allergens and toxic chemicals
- Sleep 7-8 hours minimum per night

### Activated Coenzyme Q<sub>10</sub> = Ubiquinol



#### Coenzyme Q10

- It is synthesized in all tissues, including heart, lung, liver, and kidneys.
- The biosynthesis of CoQ<sub>10</sub> from tyrosine requires at least eight vitamins and several trace elements.
- Synthesis inhibited by statin drugs via HMG-CoA inhibition.
- A vital 'transport agent' in the use of oxygen to generate energy.



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