

# UBIQUINOL - the latest form of Coenzyme Q10

There are two forms of CoQ10 - 'Ubiquinone' (the oxidized form) most commonly found in pharmacies and the 'active form' 'Ubiquinol' (the 'reduced' or non oxidized form).

Since CoQ10 was first discovered in 1957 the oxidized form of the molecule (Ubiquinone) has been the only form available. In 2006 scientists at Kaneka Corp, the world's biggest supplier of CoQ10 made a breakthrough by discovering how to overcome stability problems when manufacturing Ubiquinol.

When Ubiquinone (oxidized form) is ingested, it is converted in the body to Ubiquinol (active 'reduced form'). However as we age, our ability to convert the oxidized form to the 'active' form becomes more limited particularly after the age of 60. This is very important because it's the active form which confers the benefits of CoQ10.

Research has shown that 'Ubiquinol' is significantly better absorbed than 'Ubiquinone' and with Ubiquinol we are 'seeing' blood levels of CoQ10 that were unheard of just a few years ago (see chart above). This is very exciting and there will be much discussion about this at the World Coenzyme Q10 Conference in Brussels in May this year (I will be attending).

Coenzyme Q10 is not an inexpensive supplement and thus it's important to purchase it in a form that is best absorbed. It's not how much we take that counts but how much we absorb.

All of my CoQ10 products are the Ubiquinol form. The product I take is a water soluble form of Ubiquinol known as 'Quinogel' **100 mgs \$75.00 for 60 softgels**. To make this product, the standard Ubiquinol molecule has been solubilised to reduce the particle size down to less than half of one micron (very small) thus giving it massive surface area and very high absorption when compared with standard forms.

I also have standard Ubiquinol products in doses of:

50 mgs 100 softgels \$55.00

100 mgs 60 softgels \$65.00

200 mgs 30 softgels \$55.00

A Liposomal Liquid form 100 mgs x 170 doses \$170.00.

All of my Coenzyme Q10 products are manufactured by Tishcon Corporation in the United States. Tishcon is a founding member of the International Coenzyme Q10 Association and is world leader in CoQ10 technology.

## These products are not available in Pharmacies

John Appleton

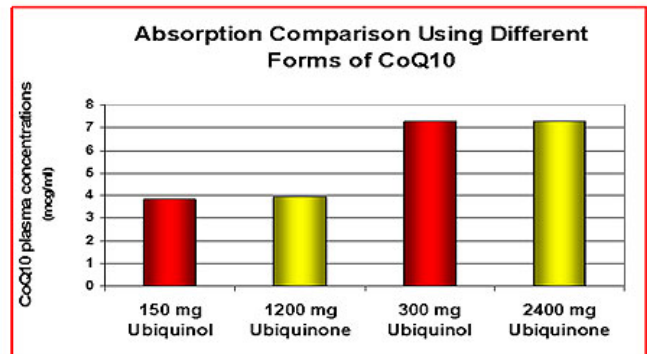
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**John Appleton with Dr Fred Crane who discovered Coenzyme Q10 in 1957**

## Ubiquinol Increases Blood CoQ10 Levels up to 8 Times More Efficiently Than Ubiquinone



Hosoe et al. Regul Toxicol Pharmacol 2007;47:19-28  
Shults et al. Arch Neurol 2002;59:1541-50  
Shults et al. Exp Neurol 2004;188:491-4

