

# Ubiqu-Evail™

Supports heart health and energy levels



## OVERVIEW

- > Contains 150 mg Kaneka Ubiquinol, a fermented and highly bioavailable form of reduced Coenzyme Q10
- > Utilises Evail Technology for optimal absorption
- > Potent antioxidant and anti-inflammatory nutrient
- > Supports energy production and reduces fatigue
- > Maintains cardiovascular health and function
- > Supports the health of the heart and blood vessels



No Added Gluten



No Added Dairy



No Added Nuts



No Artificial Flavours or Colours

### Active Ingredients (per soft capsule)

Ubiquinol-10 (activated Coenzyme Q10)	150 mg
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Pack Size	60
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Serving per pack	60 serves
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### Excipients

*Bixa orellana* (DeltaGold 70)  
 Quillaja powder  
 Medium Chain Triglycerides  
 Gelatin  
 Glycerol  
 Annatto  
 Purified water

### Directions for Use

Adults: Take 1 capsule per day, or as directed by your healthcare professional.

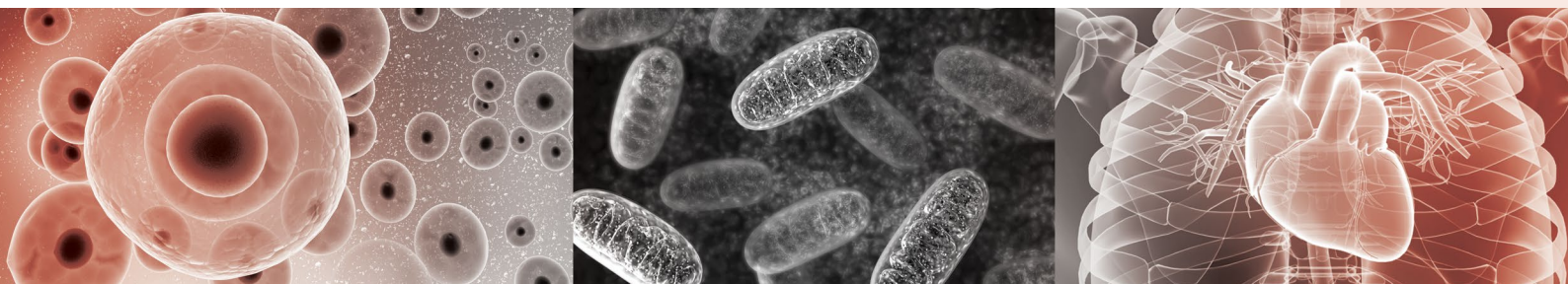
### Allergen Information

No Added: gluten, dairy, lactose or nuts.  
 Contains: sulfites.

### Warnings

Do not take while on warfarin therapy without medical advice.

Designed, encapsulated and packed in Australia from local and imported ingredients.



## EDUCATION

Coenzyme Q10 is a lipophilic compound existing in all cell membranes and lipoproteins. It exists in both an oxidised form as ubiquinone and reduced and functional form ubiquinol.<sup>1,2</sup> It functions in the Mitochondrial Electron Transport Chain (ETC) in the production of Adenosine Triphosphate (ATP) and also acts as a potent lipophilic antioxidant.

### Main actions

The presence of Ubiquinol in the cell is essential to its functioning. Requisite amounts are vital to ensure mitochondrial health and subsequently cellular energy production, ROS scavenging and cell signalling.

### Antioxidant

Ubiquinol is a potent antioxidant acting on the regeneration of vitamins C and E. It also holds electrons loosely and can therefore freely donate them to quench lipid peroxy radicals and other reactive oxygen species (ROS). Ubiquinol also has the ability to improve the functioning of Super Oxide Dismutase (SOD). This broad antioxidant action affects both the induction and escalation of Reactive Oxygen Species (ROS). CoQ10 protects LDL's, polyunsaturated fatty acids, proteins, DNA, endothelial tissues, cell membranes and mitochondrial function from free radical damage.<sup>1,2,4,7</sup>

### Anti-inflammatory

Ubiquinol influences the expression of multiple NF- $\kappa$ B<sup>1</sup> dependent genes<sup>4</sup> which are upregulated in the presence of oxidative stress. Ubiquinol is uniquely able to quench both the ROS causing the initial oxidation (via mechanisms above), and the subsequent release of inflammatory cytokines such as TNF- $\alpha$  and IL-6<sup>3</sup> putting a wedge in the cyclic interplay between inflammation and tissue oxidation.

### Cardiovascular Health

Ubiquinol Supports endothelial health and function, and conserves mitochondrial bioenergetics supporting the contractile function of the heart. It can also prevent the oxidation of circulating lipoproteins and enable optimal vasoreactivity and blood vessel health.<sup>3,4-7</sup>

### Energy production

Ubiquinol is a cofactor for electron transport in ATP production in the mitochondrial Electron Transport Chain. Higher amounts are found in cells with higher energy expenditure such as the heart, kidneys, and liver.<sup>1,2,4,7</sup>

During excessive activity such as exercise and cognitive tasks, cells and tissues can become damaged by reactive oxygen species, and fatigue ensues. Recovery from fatigue occurs while this damage is repaired by antioxidant mechanisms.<sup>8</sup> Ubiquinol is vital to energy production and is involved in numerous antioxidant systems giving it a unique "anti-fatigue" effect.

*References supplied on request.*