

Product Information Sheet

Please read this leaflet carefully because it contains some important information for you.

What is in Nature's Best Ubiquinol 100mg?

Ubiquinol 100mg is a food supplement.

This pack contains 3 blister strips of 20 capsules.

Each small black capsule provides the following:

Ubiquinol 100mg

Other ingredients: Sunflower Seed Oil, Capsule Shell (Gelatin, Glycerin, Colour: Iron Oxide), Silicon Dioxide.

What is Ubiquinol?

CoQ10 comes in two forms 'ubiquinol' and 'ubiquinone', these names come from the term 'ubiquitous' because both forms are found in every cell in the body. The reduced form of CoQ10 'ubiquinol' is the form that is actually used in the body and ubiquinone is converted into ubiquinol before use. Ubiquinol is therefore the more readily available form of CoQ10.

CoQ10 is found concentrated in the mitochondrial membranes, the part of the cell that produces energy from glucose and fatty acids. Those parts of the body with the highest energy requirements contain the highest concentrations of CoQ10.

Where does the body get Ubiquinol?

Our bodies manufacture the vast majority of the CoQ10 it requires itself and so in theory there should be very little reliance on food as a source of CoQ10. However as we age the body's ability to manufacture CoQ10 may decline and so a dietary source may become useful, but few foods provide any meaningful amounts of CoQ10 with the average western diet providing just 3 to 6mg. This fact has been a major contributor to the widespread use of CoQ10 supplements around the world.

Other factors that reduce the amount of CoQ10 and ubiquinol made by the body

The biochemical pathways used by the body to manufacture CoQ10/ubiquinol involves the production of an intermediary compound called mevalonate as one of the many steps. This specific step is also used by the body to make cholesterol and is the step that is targeted by the cholesterol lowering medicines called statins. Research has shown that statins may in fact reduce the amount of CoQ10/ubiquinol circulating in the blood. However, you should not stop taking statins because of this and you should talk to your doctor before making any changes to statins, or any medicines, that you have been prescribed. Ubiquinol supplements can be taken in conjunction with statins but should never replace statins or any other medicine you are taking.

What are Ubiquinol supplements used for?

Ubiquinol is found in the mitochondria, the cells' energy powerhouse. Ubiquinol is a popular supplement for people with busy lifestyles.

Ubiquinol should never be used in place of medical treatments and if you have any health problems then you should see your doctor to discuss treatment options.

Information about Nature's Best Ubiquinol 100mg

The Ubiquinol in this product is described as 'natural source' as it is produced in a fermentation process after which it is purified and concentrated. Ubiquinol is soluble in oil which is why Nature's Best presents it dissolved in vegetable oil as this is known to help increase the amount of CoQ10 that can be absorbed from the digestive system. The oil based ubiquinol preparation is preserved by being encased in a soft capsule shell.

Who can take this product?

This product can be taken by all adults but is not suitable for women who are pregnant or breast feeding.

How much Ubiquinol do I take?

The recommended daily intake for this product is one capsule per day which will provide 100mg of ubiquinol.

Do not exceed recommended daily dose.

Food supplements should not replace a balanced diet and healthy lifestyle.

Cautions

Do not take this product if you are pregnant or breast feeding.

KEEP AWAY FROM CHILDREN

Side effects, safety

Millions of people take CoQ10 and ubiquinol every day and this plus the evidence from clinical studies indicates that ubiquinol is safe at the dose levels provided by this product. There are no cautions requested by the Department of Health for the labelling of ubiquinol products.

If you have diabetes it would be sensible to track your blood sugar levels carefully when you first start taking Ubiquinol and you should keep your doctor informed of all the supplements you are taking.

Interactions with medicines

Ubiquinol can be taken alongside medicines but it is advisable to check any patient information leaflets of any prescribed medicines and inform your doctor of any supplements you are taking.

How this product should be stored

Store in a cool dry place.

Do not use after the best before date (BBE) shown on the pack.

If you would like further information about this product please contact: Nature's Best, Century Place, Tunbridge Wells, Kent TN2 3BE. Tel: 01892 552175. www.naturesbest.co.uk