



# BioActive Q10 Uniqinol®

## What is BioActive Q10 Uniqinol?

BioActive Q10 Uniqinol is a capsule preparation with the reduced form of Q10 (ubiquinol) and vitamin C dissolved in vegetable oil. The product is aimed at those who may not be able to benefit fully from regular Q10.

## What is ubiquinol?

Ubiquinol is coenzyme Q10 in its reduced form. In the human body, Q10 is available in two main chemical forms that are closely related, chemically speaking: Regular, oxidized ubiquinone and reduced ubiquinol. Once Q10 gets absorbed in the body, it automatically gets converted from oxidized ubiquinone to reduced ubiquinol. In young and healthy individuals 90-95% of the body's Q10 is in the form of reduced Q10. In the cells' energy-producing mitochondria Q10 switches continuously between its oxidized and reduced form, between ubiquinone and ubiquinol.

Dietary supplements with ubiquinol have one drawback, as it oxidizes once it is exposed to oxygen and returns to its original form, ubiquinone. By means of a special manufacturing process, however, Pharma Nord has succeeded in encapsulating the raw material in a way that allows it to remain in its active form.

## Why two forms of Q10?

Most people are able to absorb normal Q10 via an enzymatic system in the digestive tract. With increasing age and as a result of certain health conditions, however, this enzyme function may become impaired. Q10 in its reduced form does not need to undergo this enzymatic conversion and for that reason the active ingredient in BioActive Q10 Uniqinol helps this group of people to an improved absorption of the compound.

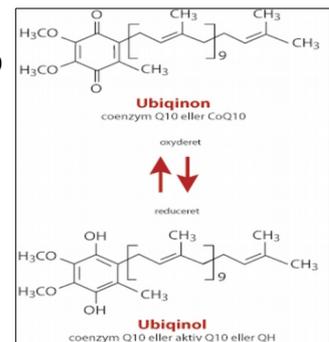
- BioActive Q10 Uniqinol contains Q10 in

vegetable oil in soft, light-proof gelatin capsules. Studies document that this unique formula provides superior bioavailability

- The Q10 raw material in BioActive Q10 Uniqinol is identical with the form of Q10 that is synthesized in the human body (i.e. 100% nature-identical)
- The form of Q10 used in BioActive Q10 Uniqinol is the natural, all-trans form that is entirely devoid of synthetic cis-isomers. In addition, it does not contain any pollutants that may occur in other Q10 raw materials
- Both the Q10 raw material and the vegetable oil in BioActive Q10 Uniqinol are non-GMO
- BioActive Q10 Uniqinol is manufactured in accordance with pharmaceutical standards. This guarantees consumers a product with high quality, safety, and effect.
- The prize-winning BioActive Q10 Uniqinol has become a success in all the countries where the product has been introduced because of its good effect and excellent safety profile
- Pharma Nord's Q10 can document its good bioavailability and quality. This documentation applies to both the regular Q10 and the active form.

## Who will benefit the most from ubiquinol?

Older people who for some reason are unable to obtain sufficient blood levels of Q10 using ubiquinone.



# BioActive Q10 Uniqinol

## 1 capsule contains:

Ubiquinol - coenzym Q10	50 mg	%RDA*
Vitamin C	12 mg	15%

Dissolved in vegetable oil in soft gelatin capsules.

\*RDA= Recommended Daily Allowance

## Dosage

1 capsule daily, unless otherwise advised.  
Do not exceed the recommended daily dosage.  
Swallow whole, preferably during/after a meal.

A healthy lifestyle and a varied balanced diet is important for maintaining good health. Dietary supplements is no substitute for a varied diet and a healthy lifestyle.

## Storage

Dark, dry and at room temperature.  
Keep out of reach of young children.

## Ingredients

Vegetable oil, gelatin, glycerol, coenzyme Q10 (ubiquinol), ammonia caramel, purified water, L ascorbic acid, silicon dioxide, mixture of tocopherols, titanium dioxide.

## Improved absorption

The good absorption of Bio-Quinone Q10 is further improved with BioActive Q10.

By using Ubiquinol Q10 you need no reducing enzymes in the gut. It is already reduced and without this intermediate step it can be utilized directly in the body. This leads to faster and better absorption and results.

Especially old people, smokers and those with chronic conditions who might have a reduced conversion of ubiquinone to ubiquinol. This directly available form of Q10 is recommended for these groups.

## What is coenzyme Q10?

Coenzyme Q10 (or just Q10) is a fat-soluble vitamin-like substance. Q10 is also called ubiquinone (ubi is Latin and means "everywhere"). BioActive Q10 Uniqinol contains vitamin C that contributes to a normal energy-yielding metabolism. When a cell needs energy it convert fat, carbohydrate, protein, and alcohol to ATP (adenosine triphosphate), a molecule that stores energy in its chemical form. The cell breaks down the ATP molecule and releases the energy trapped inside.

The entire process takes place inside the cells in some small bean-shaped structures called mitochondria. Q10 is found in all mitochondria.. Muscle cells are particularly dependent on large amounts of energy, which is why muscle cells contain substantially more mitochondria than other types of cells. The heart muscle is a good example of body tissue with cells that contain a large number of mitochondria and have a correspondingly large energy requirement.



## Ubiquinone or ubiquinol?

Both forms of Q10, ubiquinone and ubiquinol, are present in the body and are equally active. Normally, we are able to convert ubiquinone to ubiquinol but this ability may be reduced with age or as a result of certain health problems.

It used to be that Q10 preparations were only available with ubiquinone but now the ubiquinol form is also on the shelves.

This form of the substance appeals to older people or those who, for some reason, are less able to convert Q10 in the body. Studies suggests that individuals who fail to benefit from regular ubiquinone might obtain an effect by switching to ubiquinol.

## The ubiquinol test

In contrast to ubiquinone with its characteristic yellow color, ubiquinol is completely light (almost white). A good way to test products with ubiquinol is to pierce the capsule and squeeze out its content. If it is white, it is ubiquinol. If it is yellow, it is not ubiquinol.

## Good Q10 sources

Q10 is found in different types of food with the best sources being things like:

- beef
- herring
- sardines
- pork
- soy oil

The reason why Q10 cannot be called a vitamin is that the body is able to synthesize it. The endogenous production of Q10 takes place in almost all of the body's cells. As we grow older and also as a result of certain diseases, our body's ability to synthesize Q10 tapers off. Experts estimate that the body's Q10 levels peak in the early twenties. From this point on, the body's production of Q10 starts to decline.

Although it has not been established officially, the diet is thought to provide around 5-10 mg of Q10 daily. The body has a Q10 "buffer" of around 1 to 1.5 grams. The major part of it is stored in the heart, kidneys and liver.

## A very safe substance

Studies show that even if you take supplements of Q10 for an extended length of time it does not affect the body's endogenous production of the compound. Some studies have used doses of up to 1,200 mg daily without any problems. More than 20 years of science support the use of Pharma Nord's Q10

- Ubiquinone = oxidized Q10 = active (yellow)
- Ubiquinol = reduced Q10 = active (white)