



## FERTIL-PRO UBIQ 50mg

<b>NPN</b>	80042494	<b>FORMAT</b>	100 softgels
<b>INDICATIONS</b>	Fertil-Pro UBIQ is a source of antioxidants for maintaining good health.	<b>DOSAGE</b>	2 to 4 softgels per day for 3 to 6 months (to be discussed with treating physician).
<b>WARNINGS / PRECAUTIONS</b>	Consult a health care practitioner before use if you are pregnant or breastfeeding, if you are taking medication to lower blood pressure or if you are taking blood thinners.		

### COMPOSITION

Ubiquinol..... 50mg

(Kaneka QH Ubiquinol® – Reduced form of COQ 10)

### DOCUMENTATION

CoQ10 helps to modulate oxidative stress (reduces oxidation) and serves as a source of energy for cellular metabolism. Ubiquinol is the most biologically active form of coenzyme Q10 and studies have shown that the presence of ubiquinol in the cell membrane may help reduce cell and DNA damage caused by free radicals. Several studies have shown that ubiquinol can improve egg and sperm health, and, in turn embryo quality.

#### COENZYME Q10: KANEKA QH UBIQUINOL®

Coenzyme Q10 is a vitamin-like substance that serves as an energy source and an antioxidant. CoQ10 is a powerful antioxidant that is produced naturally by the body, but it is also available as a nutritional supplement. It is present in the membrane of almost every cell in the body and is required for mitochondrial ATP synthesis, which is responsible for creating cellular energy. There is a gradual, age-related decline in the tissue levels of CoQ10.

One study examined the use of CoQ10 (in vitro) on bovine embryo development and found a higher rate of early embryo cleavage, blastocyst formation and a higher percentage of expanding blastocysts associated with CoQ10 supplementation. Age-related mitochondrial dysfunction reduces the availability of energy in the oocyte and contributes to abnormal segregation of chromosomes during meiotic division leading to oocyte aneuploidy. Dietary supplementation with Coenzyme Q10 may improve oocyte mitochondrial function in older women, leading to a decrease in chromosomal non-disjunction and a higher proportion of embryos with a normal chromosomal complement.