



BIOGENA



Louise Ritchie

Marketing & Strategy Manager at
The Nutrition Collective and
Nutritional Therapist



***From Imbalance
to Equilibrium:***

***Utilising Ubiquinol for
Female Hormonal Health***



Filip Van hulle
General Manager,
Kaneka Nutrients Europe



***From Imbalance
to Equilibrium:***

***Utilising Ubiquinol for
Female Hormonal Health***

WELCOME & INTRODUCTION TO WORKSHOP

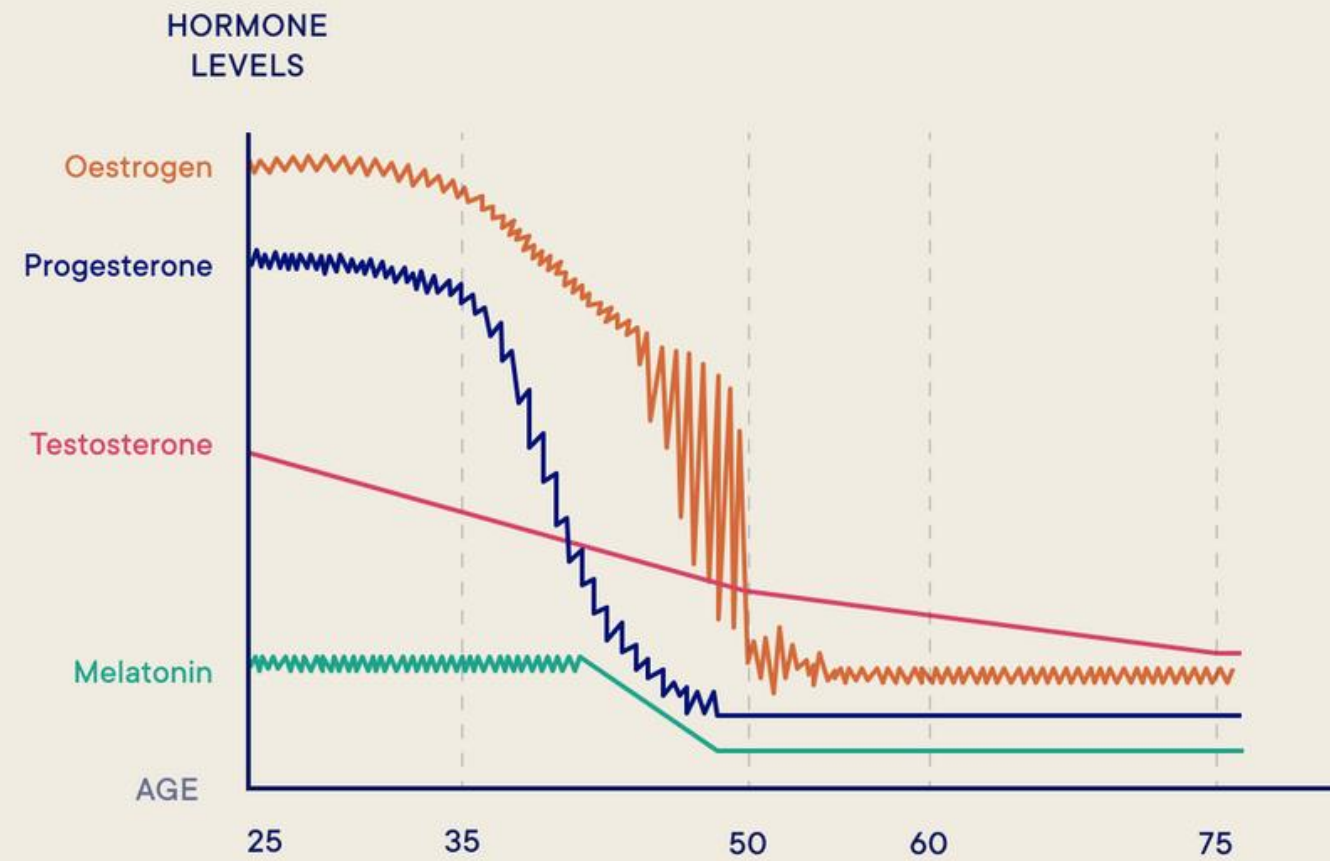
- The Havoc of Hormonal Imbalance
- The Benefits of Ubiquinol on Hormones
- Why Ubiquinol is the Powerhouse form of supplement
- Case Study - Cutting Edge Latest Research Revealed

B I O G E N A

Why is Ubiquinol particularly important for women?

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A woman's life in hormones



<https://www.jennis.com>

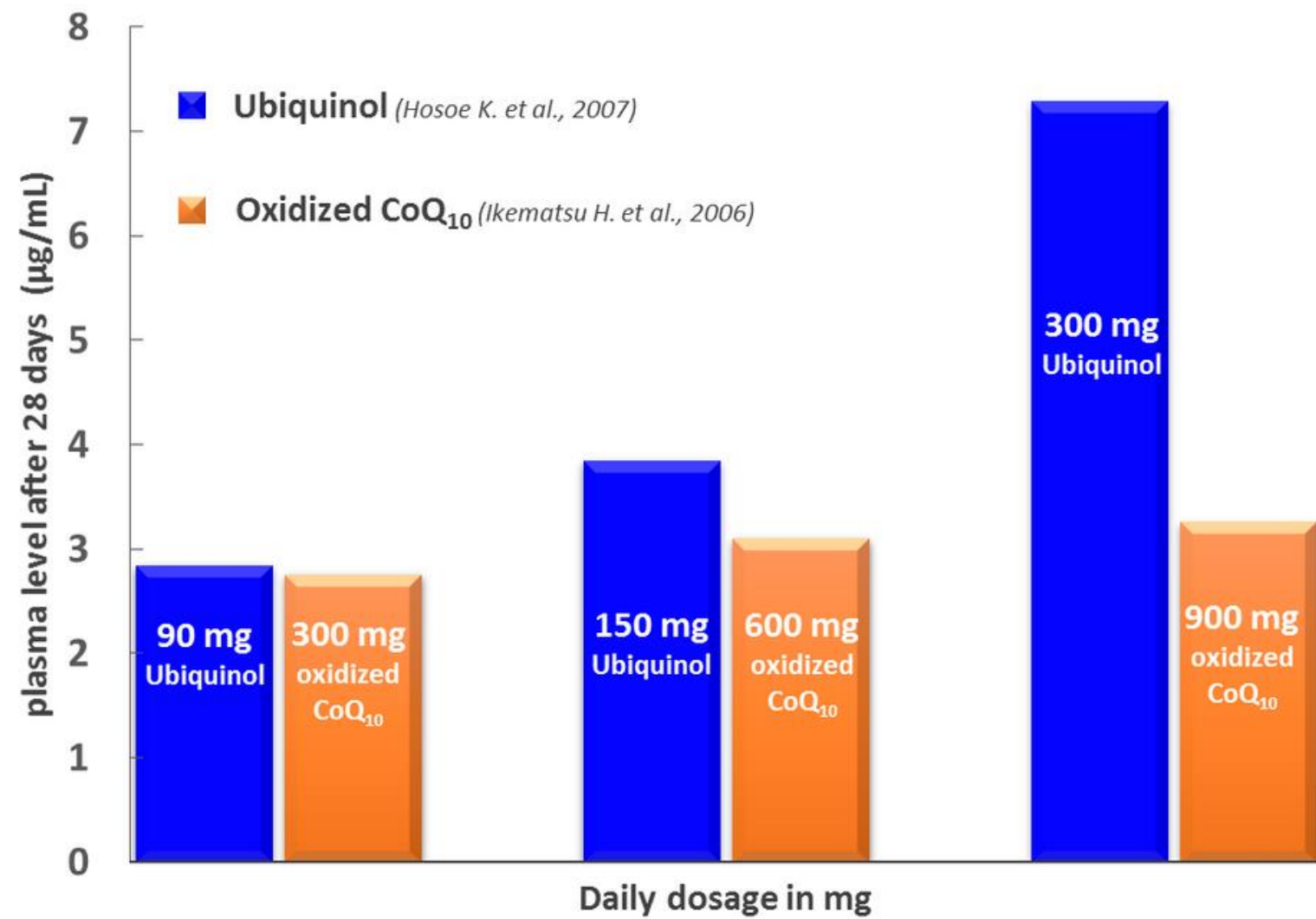
	ADULTHOOD	PREGNANCY	POSTMENOPAUSE
Effects of High Hormone Levels	<p>PCOS, thyroid disease, insulin resistance</p>	<p>Vomiting, nausea, constipation</p>	<p>Weight gain, heavy bleeding, breast cancer</p>
Effects of Low Hormone Levels	<p>Depression, anxiety, low libido, fatigue</p>	<p>Ovulation problems, miscarriage</p>	<p>Osteoporosis, dyspareunia, incontinence</p>

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What is the difference between CoQ10 and Ubiquinol?

How does the body's ability to convert CoQ10 to Ubiquinol change with age?

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Two studies done with **same** capsule (except Ubiquinol or Ubiquinone) in **same** patient group and published in same peer reviewed paper.

At lower dose at least 3 times higher bioavailable.



- **The reduced form of CoQ is the most absorbed by all cells.** Orlando et al. The 10th ICQA conference, May 2022
- Higher **biodistribution** of Ubiquinol vs Ubiquinone Watanabe K. et al. Biochem. Biophys. Res. Commun. 2019 May 7; 512 (3): 611-615
- **Ubiquinol reaches mitochondria** (of cerebrum) while oxidized CoQ10 did not. Prof Lopez's team at the University of Granada. L. Garcia-Corzo et al., Biochimica et Biophysica Acta 1842, 2014

More bioavailable and more bioactive

Ubiquinol is *three to five times more bioavailable* than the oxidized form, ubiquinone, making it a *preferred form* for supplementation

<https://ods.od.nih.gov/factsheets/PrimaryMitochondrialDisorders-HealthProfessional/#coQ>



ods.od.nih.gov/factsheets/PrimaryMitochondrialDisorders-HealthProfessional/#coQ

U.S. Department of Health & Human Services National Institutes of Health

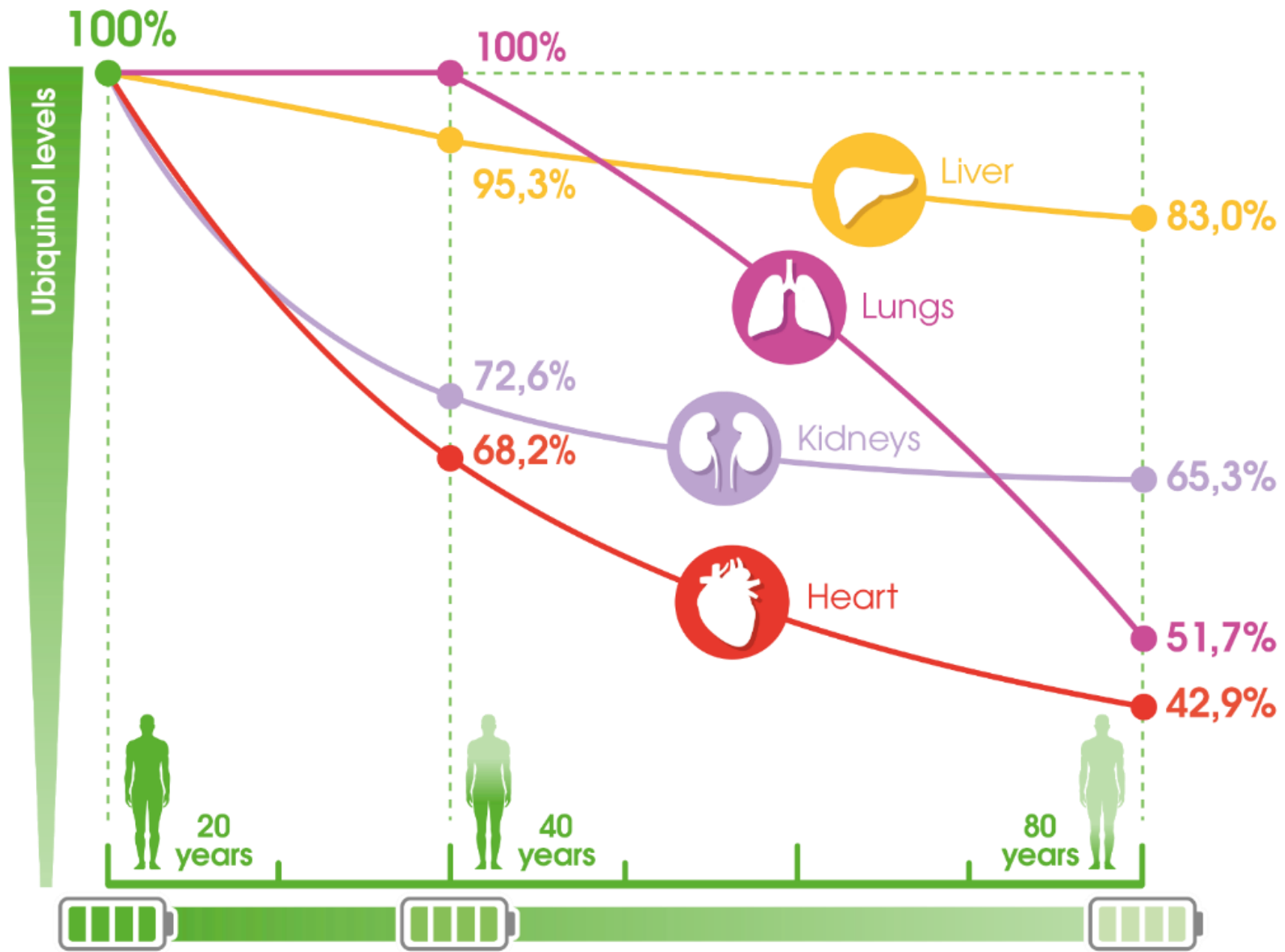


How does a decline in Ubiquinol levels influence hormonal health in women?

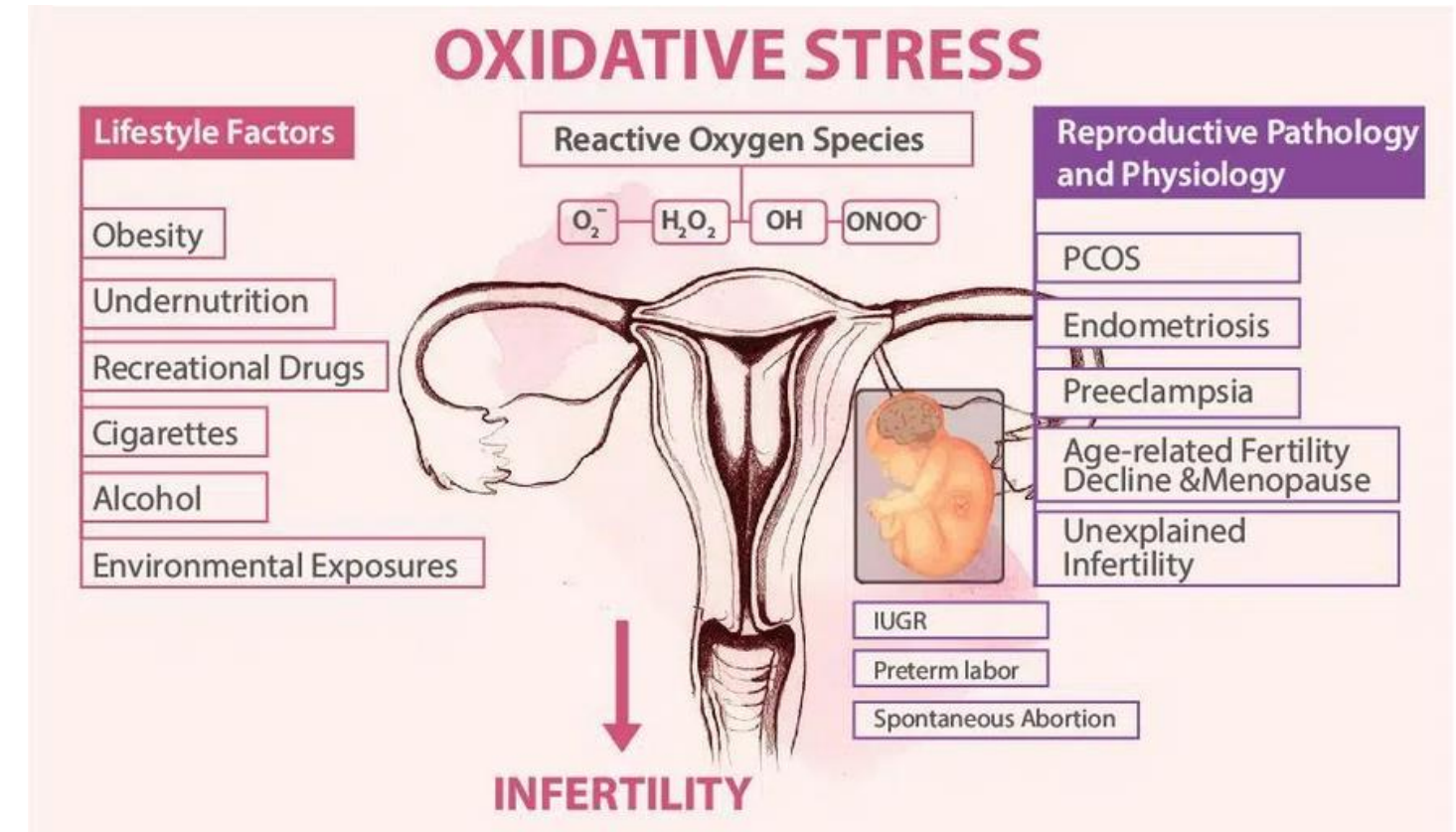
What symptoms might indicate a deficiency in Ubiquinol?

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Ubiquinol levels vs age



Kalen et al., Lipids, 24, 579 (1989).



When women age or have fertility problems, there may be less antioxidant defense and this results in damaged mitochondria and less cellular energy. Energy we need to make all kind of body own hormones.



Diverse symptoms associated with lack of Ubiquinol

- Feel tired
- Muscle weakness and /or cramps
- More easy stressed
- Difficult to concentrate
- High blood pressure
- Heart palpitations
- High cholesterol
- Shortness of breath
- Headaches and migraine
- Problems with fertility
- Neurodegenerative disorders
- Diabetes
- Hearing problems and/or tinnitus
- Eye disorders

Ageing in general

Healthy blood level is min 1mg/l but better 2,5 mg/l (some clinicians even speak about 3mg/l)

Blood levels can also be checked but is not always correct, blood is 'transportation way' and does not say how much inside organs.

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What are the current recommendations for Ubiquinol supplementation in women over 30, and how can these be tailored to individual patient needs?

Are there specific patient populations or conditions where Ubiquinol supplementation would be particularly beneficial?

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- **Basic Female Supplement Plan** from 30-35y onwards – for non-sick people, against free radical damage, for preventing CoQ10 deficiency, for optimizing and saturating mitochondrial CoQ10 levels to get optimal bodily function and staying healthy
- Ubiquinol **100mg** per day
- **Supplement Plan –Advanced** – for ‘sick’ people, if taking several drugs, if heavy stressed, if exhausted, for sporters*, etc
- Ubiquinol **200 to 300mg**

It is never too late to start to take Ubiquinol. The older you are when you start may require at start longer time/ higher dose to saturate the body. (Real damage is real damage but as we age continuously new damage may happen.)

Typically it is taken with breakfast or with lunch.

Ubiquinol is body own vitamin like nutrient available in food but in very small quantities meaning dietary supplement is needed. Intake of dietary supplement does not negatively influence own production.

* ‘Ubiquinol loading’ (= every day for seven days prior to events such as marathons and triathlons, and for five days afterwards – Prof Sugita Prof Masaaki Sugita, Chairman of the Scientific Committee of Japan’s Association of Athletics Federations)

B I O G E N A

Fertility (guidance from *It starts with the egg* Rebecca Fett)

- **Basic Female Supplement Plan** - Start as early as possible with supplements
- Ubiquinol **200mg** per day - stop when know pregnant*

- **Supplement Plan Intermediate**, Difficulty Conceiving; PCOS or Irregular Ovulation
- Ubiquinol **400mg**

- **Supplement Plan –Advanced**, Endometriosis; Recurrent miscarriage; Trying to conceive through IUI or IVF
- Ubiquinol **400mg** (male partner also **200mg**)
- Some IVF Clinics may recommend **600mg****

Kaneka did **not test** if Kaneka Ubiquinol™ can be safely used during pregnancy.

* Kaneka Ubiquinol™ is however 100% **similar to body own key nutrient**.

Clinicians and researchers have been/are **using/recommending** Ubiquinol for pregnant/infertile women. (ex. Teran *Int J Gynaecol Obstet.* 2009 Apr;105(1):43-5 A CoQ10 reduces the risk of pre-eclampsia)

** Kaneka Ubiquinol™ is extremely safe also in higher dose. Even with 1200mg during 36 months no negative side effects have been seen. (Mitsui et al *Cerebellum.* 2017 Jun;16(3):664-672)



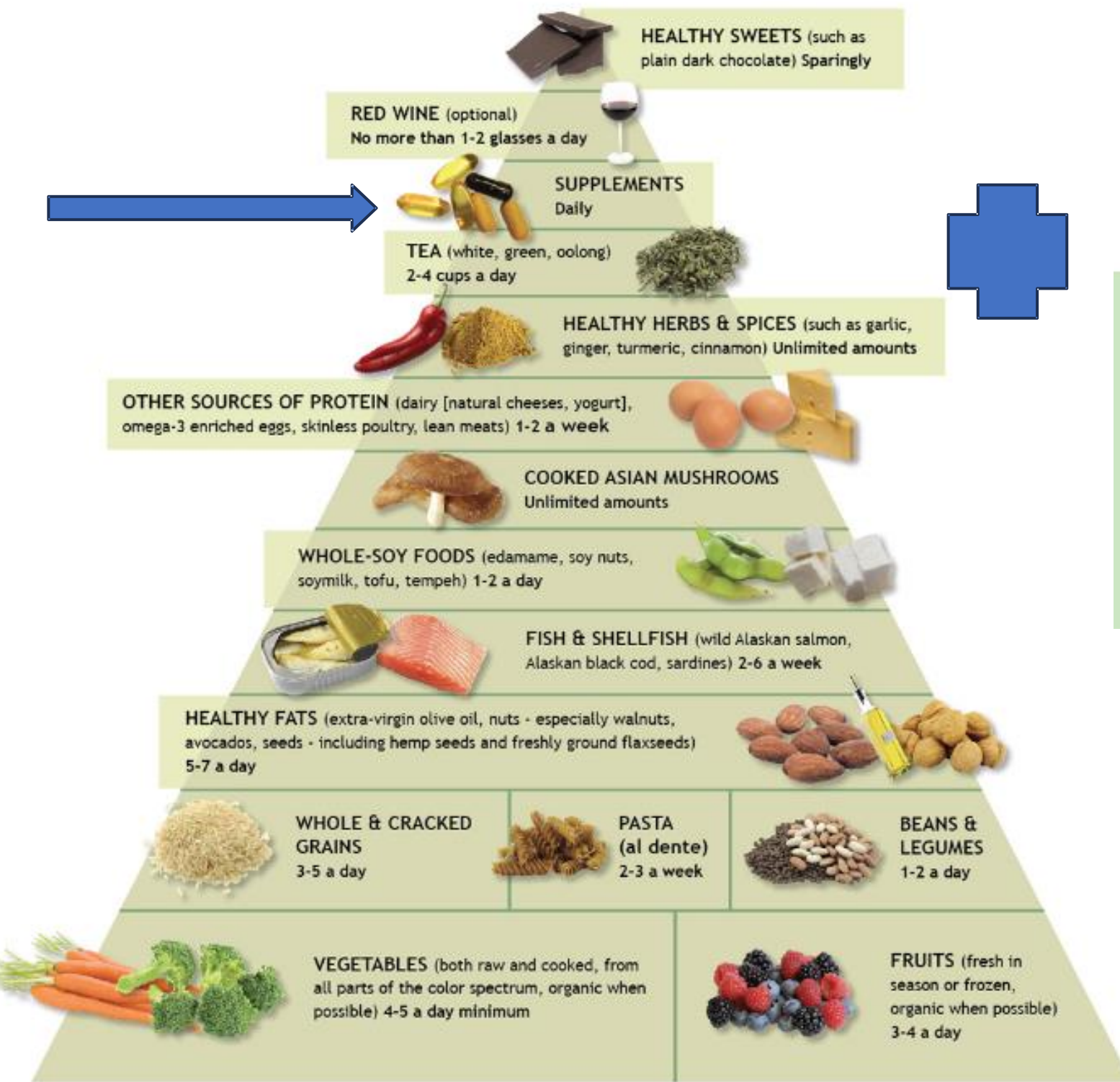
How can Ubiquinol be integrated into a broader strategy for managing female hormonal health?

What role does Ubiquinol play in supporting overall mitochondrial health, and how does this relate to hormonal balance?

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FOOD & DIETARY SUPPLEMENTS



TRY TO MOVE YOUR BODY EVERY DAY.



Ubiquinol prevents oxidative DNA damage in healthy young women (20y old)

Ito K. et al., 2015 Journal of Medicinal food 00(0) 2015, 1-6

Avoid stress
(or find ways to 'cope' with it)

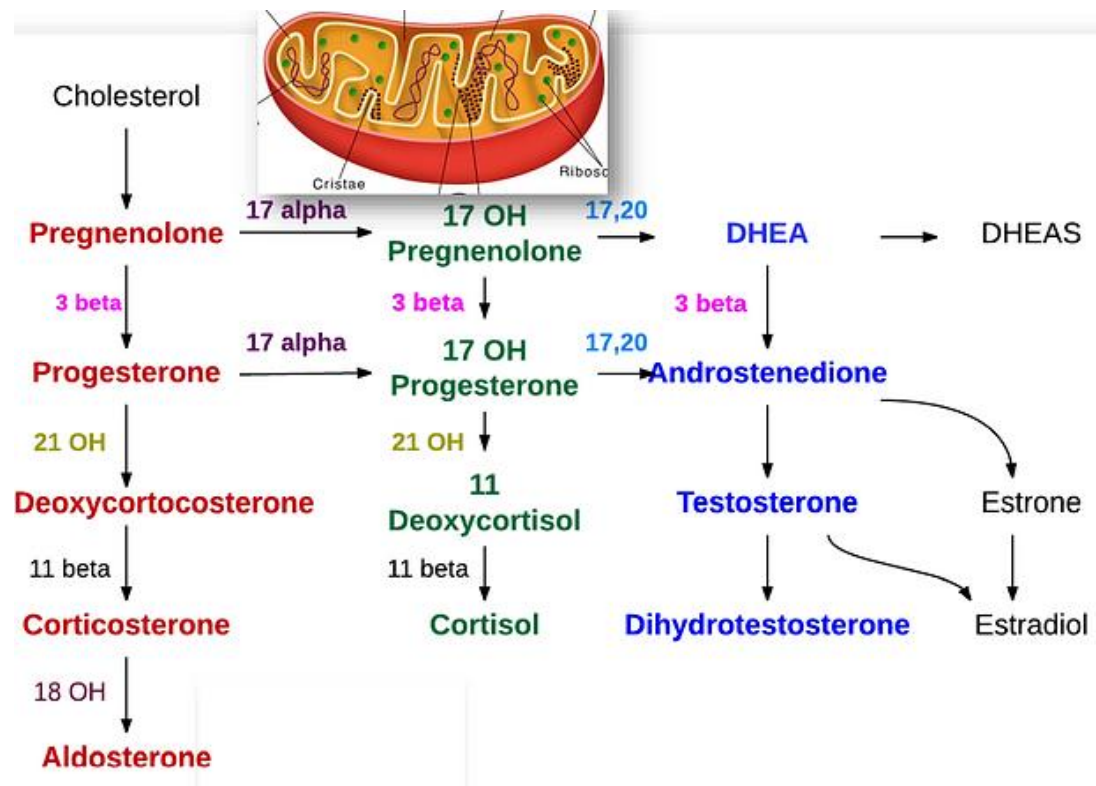
Do you know that vegans and vegetarians have faster a deficiency of Ubiquinol?

APPROVED

"Ubiquinol to help energy production of the cells and lighten the transient physical fatigue during the daily life. It is recommended for those who feel stress and lack vitality due to physical tiredness from the everyday activities."

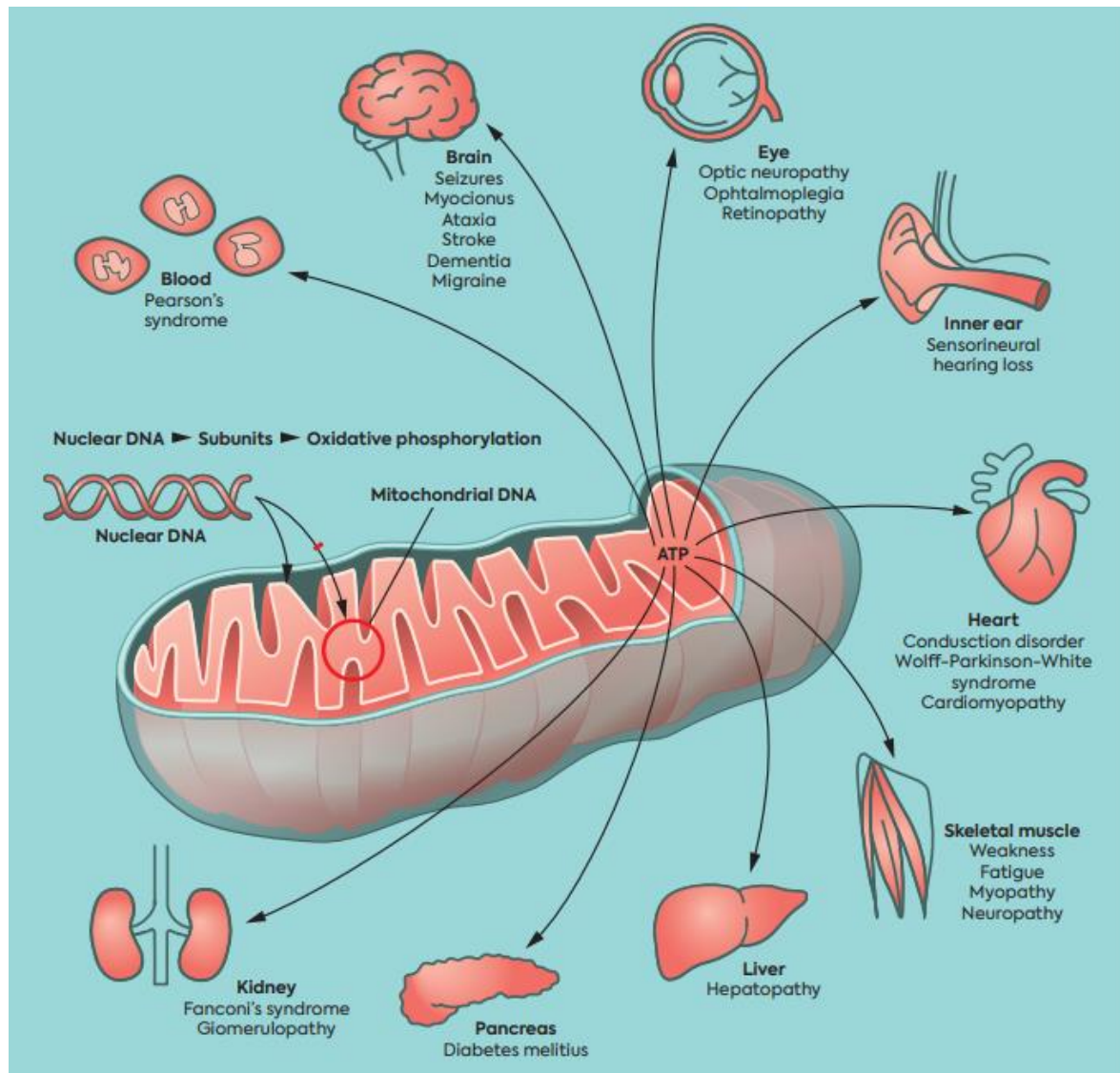
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Dr. Andrew Weil's Anti-Inflammatory Diet and Food Pyramid
<https://www.integrativenutrition.com/blog/anti-inflammatory-diet-pyramid>



Mitochondria are involved in steroid hormone biosynthesis (glucocorticoids, mineralocorticoids, estrogens, progesterons, androgens, and neurosteroids).

Miller et al. Mol Cell Endocrinol. 2013 Oct 15;379(1-2):62-73



Ubiquinol : Triple action ingredient

- Naturally occurring bioactive cofactor for cellular energy production.
- Antioxidant protecting mitochondria against reactive oxygen species.
- Contributes to the biogenesis of mitochondria.



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Can you share a case study where Ubiquinol supplementation made a significant difference in a patient's hormonal health?

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New research on menopausal woman

(study done January + February 2024)

200 women aged 45-55

Recruited following up an Instagram Live handled by Virginie Florin and Nathalie Simon

2 months trial

200mg Ubiquinol/day

*Inclusion criteria: women suffering from menopause-related discomforts on the items: Emotional balance
Quality of life (stress, sleep), Muscle pain

*Exclusion criteria: women undergoing hormonal treatment, non-drug therapy (sophrology, meditation, acupuncture) menopausal
dietary supplements, phytotherapy, homeopathy, medication or topical treatment.

Study done by independent institute Expansion Consulteam



Irritability

8 out of 10 women feel less irritability and mood swings.



Stress

More than 8 out of 10 women are less stressed and more than 8 out of 10 women have less anxiety.



Sensitivity

8 out of 10 women experience a reduction in sensitivity.



Sleep

7 out of 10 women report an improvement in the quality of their sleep



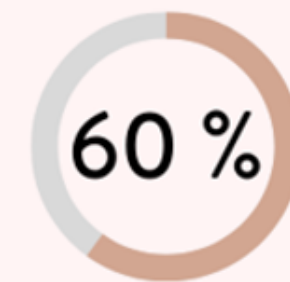
Muscles pain

7 out of 10 women report a decrease of their muscles (or joints) pain.



Skin

6 out of 10 women report an improvement in their skin quality.





Ubiquinol CoQ10 100 mg vegan Gold

High-dose premium coenzyme Q10, activated & vitamin B2 to support the energy metabolism

- ✔ High-dose ubiquinol from the world market leader Kaneka
- ✔ Pure, nature-identical ubiquinol
- ✔ Combination with vitamin B2 & vitamin E
- ✔ Contains high-quality sunflower lecithin
- ✔ Completely without animal ingredients

- KANEKA manufacturing is in Takasago Japan (not far from Kobe)



- Innovative manufacturing company

AB-Biotics, leading probiotics manufacturer in Spain has become part of Kaneka group (2019)



Ubiquinol yoghurt
<https://www.kaneka.co.jp/q10/vequt/>



Ubiquinol CoQ10 100 mg vegan Gold | BIOGENA International





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UPCOMING EVENTS

THE GUT-MENO CONNECTION:

Unlocking Microbial Secrets to Hormonal Health



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Head of Clinical
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