

MORE ENERGY, WHERE NEEDED



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**UBIQSOME**<sup>®</sup>

COQ10 PHYTOSOME™

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Please note that the physiological activity of the ingredient described herein is supported by the referenced clinical trial reports. Marketers of finished products containing the ingredient described herein are responsible for determining whether the claims made for such products are lawful and in compliance with the laws of the country in which they will market the products.

**ubiqsome**<sup>™</sup>

## WHAT IS UBIQSOME®?

UBIQSOME® is the **optimized delivery form of coenzyme Q10**, formulated with the Phytosome™ proprietary technology.

**Coenzyme Q10** [CoQ10] - also known as ubiquinone or ubidecarenone - is an **essential endogenous cofactor for the electrontransport chain in the mitochondria**, and also exerts a fundamental antioxidant activity in the cells.

As the only known lipid antioxidant that can be synthesized by animal cells,<sup>1</sup> it exerts a **crucial role in the maintenance of cells bioenergetics** promoting therefore: **sport activities, healthy ageing, heart & cardiovascular health, brain health** and many other activities involving energetic expenditure.

Since the oral bioavailability of CoQ10 is quite poor, due to its high molecular weight and very low aqueous solubility, it has been **formulated with Phytosome™ technology in order to optimize the bioabsorption of this important cofactor**.

## SCIENTIFIC EVIDENCE

UBIQSOME® is supported by a **human double pharmacokinetics and 3 human efficacy study**.<sup>2,3,5</sup>

## SPECIFICATIONS

UBIQSOME® is standardized to contain: **18-22% of coenzyme Q10** by HPLC.

## RECOMMENDED USE AND DOSE

UBIQSOME® is a **brown yellow powder** and may be utilized in a **variety of supplement formulations**.

Suggested dose: **up to 500 mg/day**.

### References

<sup>1</sup> Laredj, L.N. et al.; *Biochimie* 2014, 100, 78-87

<sup>2</sup> Petrangolini et al.; *Current Drug Delivery* (2019)

<sup>3</sup> Indena paper in preparation NCT038973864

<sup>4</sup> International Patent Application WO 2016/1985765

<sup>5</sup> Cicero et al, *Journal of Hypertension* 41.1 (2023): e152-e153.1

## WHAT MAKES UBIQSOME® UNIQUE?

**UBIQSOME® is the first and only CoQ10 formulation on the market to have been tracked down from oral administration to its real and sole target: the inner space of cells, where it is needed.**

UBIQSOME® is also the **only patent pending<sup>5</sup> CoQ10 formulation to benefit from Phytosome™ technology**, for an optimized bioabsorption of the cofactor:

- in the pk studies, **UBIQSOME®** has been shown to **significantly optimize CoQ10 plasmatic levels in a dose dependant fashion** and to show **14-fold higher solubility** in intestinal simulated fluids;<sup>2</sup>
- in a human study on **over-50s healthy athletes performing a complete training session** in a climatic chamber, **UBIQSOME®** has been shown to **significantly optimize CoQ10 levels in plasma**;<sup>3</sup>
- for the **1<sup>st</sup> time in humans**, the **optimization of CoQ10 levels in muscular cells** has been demonstrated with two different analytical methods: **+37%** by HPLC and **+60%** by immunofluorescence;<sup>3</sup>
- a human study has shown promising results, opening new possibilities for cardiovascular wellbeing: **UBIQSOME®** could **optimize the endothelial function (+7%) while reducing the oxidative stress (-27%)**.<sup>4</sup>
- moreover, a recent human study showed also **beneficial effects on elderly people with statin related asthenia**: thanks to its original formulation, **UBIQSOME®** reaches the **right cellular concentration** and – unlike any other supplement – makes a **difference at the muscular level, balancing the induced low levels of CoQ10**.<sup>5</sup>

UBIQSOME® can be a **cost-effective solution** thanks to:

- **lower CoQ10 content**;
- **optimized bioabsorption** without relying upon expensive capsulating technologies (like softgel);
- **industrial-scalable & versatile** finished oral dosage forms.

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