

NEW CLINICAL EVIDENCES ABOUT COQ10 IN THE FIELD OF CARDIOVASCULAR HEALTH

THE EFFICACY OF COENZYME Q10 PHYTOSOME™ (UBIQSOME®) CONFIRMED BY A NEW INDEPENDENT STUDY, FOCUSED ON ASTHENIA IN STATIN-USERS

Milan, February 27th 2024 - Dietary supplementation with CoQ10 Phytosome™ (Indena's UBIQSOME®) effectively improves physical performance in older adults with statin-associated asthenia. This is the main result of a recent independent study¹ presented during the 32nd European Meeting On Hypertension And Cardiovascular Protection (Milan, June 2023).

The double-blind, randomized, placebo-controlled study was aimed to investigate the effect of chronic dietary supplementation with CoQ10 Phytosome™ on physical performance maintenance in older adults with self-reported statin-associated asthenia.

The 60 subjects enrolled for the trial, 33 males and 27 women, were randomized to receive daily supplementation either with placebo or 150 mg CoQ10 Phytosome™ for 8 weeks. At baseline, the subjects were evaluated for clinical status, and by the execution of a physical examination and laboratory analyses. After the first 4 weeks of supplementation, both groups significantly improved in asthenia compared to baseline. Four more weeks later, the effect on asthenia was maintained, versus placebo and baseline, only in the supplemented group: statistical significance was reached both versus baseline and versus placebo. This very encouraging data need to be confirmed with more thorough data.

*"We're very proud that UBIQSOME®, our coenzyme Q10 formulated with Phytosome™, the proprietary Technology Platform developed by Indena, has been useful for the trial – says **Serena Tongiani, Chief Product Officer at Indena** –. And of course we're very happy that this preliminary clinical evidences confirm the values of our product in the field of cardiovascular health. We've been working to confirm our UBIQSOME® as the leader in muscle uptake CoQ10 supplementation. This independent study is consistent with the capacity of UBIQSOME® to reach the right biological target, and indicates its potential in case of asthenia in statin-users. Another important result for our portfolio".*

As known, coenzyme Q10 plays a central role in generation and regulation of cell bioenergy, being involved in transferring of electrons within the mitochondrial oxidative respiratory chain and hence, ATP production, and has reported to have antioxidant and beneficial effects in improving human health and well-being. On the other hand, CoQ10 has a low oral bioavailability, due to its poor water solubility, high molecular weight, low solubility in lipids and low intestinal permeability.

UBIQSOME® is the innovative food grade delivery system of coenzyme Q10 formulated with the proprietary Multi-Talented Technology Platform developed by Indena. It's Phytosome™, the breakthrough 100% food-grade delivery system that optimizes the performance of many natural actives in multiple ways, allowing to exploit their power and health benefits. Today, Phytosome™ is the most reliable and customizable solution in the nutraceutical field.

Thanks to its Phytosome™ formulation, UBIQSOME® is a food-grade highly absorbable form, standardized in coenzyme Q10 (18-22% by HPLC), which optimizes coenzyme Q10 levels not only in blood but also in muscles. Indeed, the scientifically demonstrated significative presence of CoQ10 at muscular level represents a unique and successful goal which unequivocally differentiates UBIQSOME® from other ingredients.

Indena is committed to driving progress towards the UN's Sustainable Development Goals, aiming at putting sustainability first – from raw materials sourcing to production and marketing – with a focus on environmental impact, use of renewable energies and building a more circular economy.

¹ Cicero, Arrigo, et al. Effect of coenzyme q10 on muscular strength in elderly patients with statin-associated asthenia: a double-blind, randomized, placebo-controlled clinical trial." Journal of hypertension 41.1 (2023): e152-e153.



Indena SpA is an Italian company, a global leader in the identification, development, production and sale of extracts and pure active ingredients, mainly derived from medicinal plants, for use in the pharmaceutical, health food, cosmetics and veterinary industries. Backed up by a century of botanical experience, the company owns 100 patent families, has published more than 1000 scientific studies and co-operates with the world's most prestigious universities and private research institutions. Indena employs over 900 staff, investing a significant amount of its annual turnover in research, making this activity the key to its success. Headquartered in Milan, Indena has 4 production sites and 5 international branches throughout the world and manages sales in more than 80 countries. The company's experts communicate and interact constantly with the major international regulatory authorities and cooperate on the update of all the main pharmacopoeias.

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