MORE ENERGY, WHERE NEEDED

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NUTRACEUTICAL

UBIQSOME®

COQ10 INDENA PHYTOSOME®

ubiqsome™

WHAT IS UBIQSOME®?

UBIQSOME® is the **optimized delivery form of coenzyme Q10**, formulated with the Indena 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,[1] 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 Indena Phytosome® technology in order to optimize the bioabsorption of this important cofactor**.[4]

SCIENTIFIC EVIDENCE

UBIQSOME® is supported by **human pharmacokinetics and efficacy studies.**

SPECIFICATIONS

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

RECOMMENDED USE AND DOSE

UBIQSOME® is a **brown yellow powder** for use in a **variety of supplement formulations**.
Suggested dose: **up to 500 mg/day.**

TRADEMARKS

UBIQSOME® is a trademark of Indena S.p.A. and its logo and usage guidelines are available from Indena.

WHAT MAKES UBIQSOME® UNIQUE?

UBIQSOME® emerges as the **real game-changer in the field of CoQ10-based ingredients**: thanks to its proprietary **Indena Phytosome®** technology and proven via various scientific evidences, it **delivers coenzyme Q10 to the intended target muscle cells**.

Improvement of coenzyme Q10 in muscle cells after UBIQSOME® supplementation was uniquely proven on healthy, aging runners, and further confirmed in ex-vivo and preclinical investigations.[2-4]

UBIQSOME® also **ensures optimal CoQ10 plasma levels even after just one supplementation**, and shows an evident **dose-dependent trend** after a mere 2 weeks of intake.[5]

Antioxidant power of CoQ10 enhanced in UBIQSOME® allows to support muscle function in several discomforts, including physical and sport distress, also favouring muscle health in case of long-term treatments (e.g. statins and GLP-1 agonists).

A human study showed **UBIQSOME®** has **beneficial effects on elderly people with statin-related asthenia**. **What is the mechanism behind this evidence?**
Statins act by blocking the molecular pathway that leads to the synthesis of cholesterol, and in parallel also to the formation of CoQ10.[6]

Clinical evidence in healthy young adults shows that **UBIQSOME® supplementation enhances endothelial function both acutely and over time**, being endothelial function a key early indicator of cardiovascular health.[7]

UBIQSOME® is furthermore the **valuable ally to nurture skin health from within**: human evidence show its **capacity to increase CoQ10 content in dermal fibroblasts after oral intake**.[3]

From sports nutrition to energy and performance, from cardiovascular to skin health, UBIQSOME® is the best ally to support body function in the lifelong aging experience.

References

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[6] Fogacci F. et al., Journal of Clinical Medicine 13.13:3741 (2024).
[7] Cicero AFG. et al., Biofactors. Sep;48(5):1160-1165 (2022).

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