

Ubiquinol Frequently asked questions

Is ubiquinol the same as CoQ10 (ubiquinone)?

Ubiquinone (Coenzyme Q10, CoQ10) and Ubiquinol (QH) are closely related compounds naturally occurring in the human body. CoQ10 is converted to its active form, QH, as a necessary and essential step in the production of cellular energy. The conversion rate of CoQ10 to QH tends to decline with age, resulting in lower serum levels of QH. A genetic trait in the human population has also been linked to impaired ability to conduct this conversion.

How does stabilized ubiquinol assist the body's cellular energy production?

Cellular respiration is a multi-step process by which calories from food are converted into cellular energy and stored in the form of adenosine triphosphate (ATP). Ubiquinol is a powerful antioxidant which contributes to this energy production inside cells.

How is ActivLife Q10™ superior to other CoQ10 supplements?

ActivLife Q10™ provides stabilized ubiquinol, which is the active form of CoQ10. In this form no conversions are needed for the body to derive the greatest benefit from the oral supplement.