



Reproductive Support for Her, For Him, For Everyone

Research shows that **Kaneka Ubiquinol®** can support reproductive health for both men and women.

If you and your partner are planning to grow your family, you might be considering lifestyle changes like diet, exercise, and supplements to help prepare your body to conceive. With so many options and opinions out there, it's important to understand the research behind preconception supplements and how they can support your reproductive health.



Science-backed Support For Your Preconception Journey

Kaneka Ubiquinol® has been extensively studied and is best known for its ability to support heart health and healthy aging due to its antioxidant effects. Recent, research shows Ubiquinol can support reproductive health in both men and women by promoting mitochondrial health – the building block for conception.



- Active antioxidant form of CoQ10
- Unique antioxidant properties
- Essential for reproductive support

What Is Ubiquinol?

Ubiquinol is the active antioxidant form of CoQ10 that has unique antioxidant properties essential for reproductive support. Both Ubiquinol and conventional CoQ10 exist naturally in the body, but when conventional CoQ10 supplements are taken, the body must convert CoQ10 to Ubiquinol. By taking a Ubiquinol supplement, your body can skip the conversion step and more immediately support reproductive health.



For Her: Supports Egg & Overall Reproductive Health

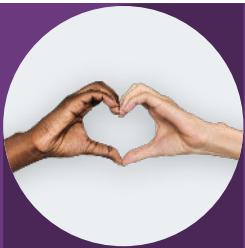
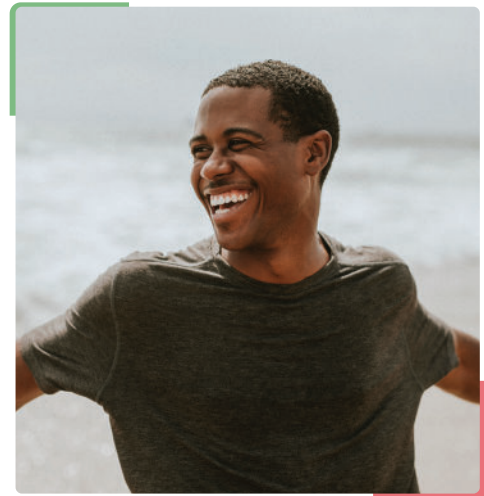
When trying to conceive, maintaining your overall health and the health of your reproductive cells is of the utmost importance. Research shows that **Kaneka Ubiquinol®** supplementation promotes:

- The health of oocytes (immature egg cells)
- Healthy egg function
- Overall female reproductive health

For Him: Supports Sperm Health

Men's reproductive health is a crucial part of the preconception journey. After 150-200mg/day of **Kaneka Ubiquinol®** for 6 months, studies show a statistically significant increase in:

- Sperm motility
- Sperm morphology
- Total sperm count



For Everyone: Works as a Powerful Antioxidant

Oxidative stress is caused by an imbalance of free radicals and can negatively impact preconception health. As a powerful antioxidant, Ubiquinol can help neutralize oxidative stress known to impact reproductive health.

To find out more about **Kaneka Ubiquinol®** for preconception health, speak with your doctor or visit ubiquinolforpreconception.com

