

Stress and sleep

Reduction in daily stress and improvement in sleep quality after 8 weeks using 100 mg ubiquinol compared to placebo.

Ubiquinol, the active form of coenzyme Q10, has been shown to improve sleep quality in people with high stress levels in daily life.

Coenzyme Q10 is a natural endogenous substance that exists in two biochemical forms: as ubiquinone and as **ubiquinol**. In the body, ubiquinone must first be converted into the active form ubiquinol, while ubiquinol is already active and bioavailable. As a powerful antioxidant, it is present in all body cells and plays an important role in the energy metabolism of the cell. Particularly high concentrations of coenzyme Q10 are found in the organs that require a lot of energy, such as the heart, brain or muscles.

Healthy sleep and less stress thanks to ubiquinol? That's right, because according to a recent study, this power nutrient is effective here too. In a placebo-controlled study involving 60 healthy subjects with high stress levels, a **significant reduction** in **daily stress** and an **improvement** in **sleep quality** resulted from taking **100 mg ubiquinol** for **8 weeks.**

Coenzyme Q10 in the immediately available ubiquinol form is particularly beneficial: rapid absorption and high bioavailability – ready to go!

References: https://mcusercontent.com/e7554160009486777bd60a7e1/files/b5d7e498-3ac2-423c-b9df-c21ed47ed425/Morikawa_H_et_al._2019.pdf



AD

To support healthy aging and energy metabolism

Biogena Ubiquinol CoQ10 100 mg Vegan GOLD uses a patented, premium raw material of Ubiquinol made by Kaneka. Kaneka Ubiquinol™ is a nature-identical ubiquinol, which has been tested and researched by scientists and researchers for more than a decade. The raw material is also characterized by its particularly high stability and is carried in a vegan liquid capsule of coconut and sunflower oil with sustainability certificate.

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