



December 8, 2010 – Grand Rapids, MI

## Ubiqui-what?

Coenzyme Q10 is the chemical your body produces to make help you convert food into energy your body can use. I've gotten numerous questions about ubiquinol, a costlier form of ubiquinone, commonly called coenzyme Q10. There are ads and newsletters floating around cyberworld stating that ubiquinol is better absorbed than ubiquinone. Is that true or not? Let's take a look.

At least four studies are cited as showing that ubiquinol is better absorbed than ubiquinone. I read them; two of the studies make no mention of ubiquinol other than to say it's the reduced form of the chemical. A third reports on the absorption of ubiquinol, but no direct comparison with ubiquinone is made in that study. The final study looked at a topical application of ubiquinone combined with creatine on aging skin. None of the studies had a head-to-head comparison of ubiquinol with ubiquinone.

To go back to the original question—whether ubiquinol is better absorbed than ubiquinone—we really don't know. The claim is definitely not based on the published research, so I see no reason to choose ubiquinol, which costs more. My family and I have always used ubiquinone as our source of coenzyme Q10 and will continue to do. So should you.

What are you prepared to do today?

*Dr. Chet*

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