

**BEST SELLER**

## Super Ubiquinol CoQ10 with Enhanced Mitochondrial Support™

100 mg, 60 softgels | Item # 01426

Heart health, general fatigue, bioavailable, customer favorite



4.9

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For a strong heart and cellular energy levels. Help your hard-working organs produce the energy they need to thrive with our well-absorbed ubiquinol CoQ10 formula, augmented with shilajit.

Gluten free | Non-GMO

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Overview

What Is Super Ubiquinol CoQ10?

CoQ10 is essential for cellular energy production. Super Ubiquinol CoQ10 with Enhanced Mitochondrial Support™

is formulated with a highly bioavailable form of coenzyme Q10 called ubiquinol, and then augmented with shilajit to promote heart health, fight general fatigue, and more.

*Your heart needs CoQ10—as do your other high-energy organs. So make sure you're taking this highly bioavailable form of CoQ10.*

## Super Ubiquinol CoQ10 Benefits

- Better bioavailability than standard ubiquinone CoQ10
- Helps fight the effects of general fatigue
- Supports heart health
- Supports liver health and function
- Inhibits inflammatory factors to support whole body health
- Augmented with shilajit

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### Why use ubiquinol CoQ10?

Ubiquinol is a form of CoQ10 that is more bioavailable than traditional ubiquinone CoQ10.

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### What is shilajit?

Shilajit is a Himalayan nutrient that's been used for centuries. We've added it to augment our ubiquinol CoQ10 formulas.

### Kyle Richards on CoQ10

#### Why Should I Supplement With CoQ10?

Hey everyone, Kyle Richards here.

Your heart cells need CoQ10, but so do your other high energy organs. CoQ10 is highly concentrated in your brain, liver, and kidneys, but of course, over time, levels naturally deplete.

So CoQ10 helps your cells make energy. It's part of how mitochondria produce ATP. If you remember from like, high school science.

And it's your body's energy currency. It's also an antioxidant. Our natural levels can dip as we age and with certain medications or health factors. So, for some people, supporting CoQ10 can help support cellular energy production. It's not a quick fix, but it helps your cells do their job. CoQ10 has been clinically studied for occasional general fatigue in healthy adults.

### Product Details

#### CoQ10 for heart health and cellular energy

CoQ10 (or coenzyme Q10) is an essential nutrient your body requires for healthy mitochondrial function, a process that produces body energy at the cellular level. Because of this, it makes sense that CoQ10 is essential for proper function of high-energy organs such as your brain, liver, kidneys and your heart.<sup>1,2</sup>

CoQ10 also has powerful antioxidant properties, protecting cell membranes, lipids, and other essential factors.<sup>3,4</sup> Unfortunately, CoQ10 levels in the body decrease over time.<sup>5</sup>

#### CoQ10 and General Fatigue

If you've ever felt like you just didn't have the energy that you used to, you're not alone. Good news: CoQ10 has been clinically studied to help relieve occasional general fatigue in healthy adults! In that study, subjects feeling general, daily fatigue experienced both subjective improvements in fatigue-related measures, as well as increased

CoQ10 levels, after taking ubiquinol over the course of the 12-week study.<sup>6</sup>

### Improved bioavailability: Ubiquinol

The traditional ubiquinone form of CoQ10 is difficult for the body to absorb.<sup>7</sup> That's why Life Extension® offers a special form of CoQ10 called ubiquinol that is well absorbed and highly bioavailable has been shown to be more bioavailable than ubiquinone.<sup>8</sup> In people taking this form of ubiquinol, high levels of plasma CoQ10 have been achieved in only four weeks.<sup>6,9</sup>

### Do your part for a healthy heart

Super Ubiquinol CoQ10 with Enhanced Mitochondrial Support™ is a powerful formula for heart health and youthful cellular energy support. Add it to your regimen today!

These statements have not been evaluated by the Food and Drug Administration.  
These products are not intended to diagnose, treat, cure, or prevent any disease.

### Supplement Facts

Serving Size 1 softgel

#### Amount Per Serving

Calories	5
Total Fat	0.5 g
Ubiquinol (as Kaneka Ubiquinol™)	100 mg
Shilajit fulvic acid complex	100 mg

Other ingredients: sunflower oil, gelatin, glycerin, purified water, beeswax, sunflower lecithin, annatto color.

Non-GMO

Q+®, Kaneka Ubiquinol™, and the quality seal™ are registered or pending trademarks of Kaneka Corp.

### Dosage and Use

- Take one (1) softgel daily with food, or as recommended by a healthcare practitioner.

### Warnings

- KEEP OUT OF REACH OF CHILDREN
- DO NOT EXCEED RECOMMENDED DOSE
- Do not purchase if outer seal is broken or damaged.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

To report a serious adverse event or obtain product information, contact 1-866-280-2852.

## Actual Size

Pill Size Image

### References ▼

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9. *Regul Toxicol Pharmacol.* 2006;47(1):19-28.

#### Editor's Pick



## How Does CoQ10 Support Heart Health?

Your hard-working heart needs a lot of energy to do its job, so you want to make sure it is fueled for the long run. CoQ10 is an energy-supporting antioxidant with particular benefits for heart health.

#### More Info

#### Company

#### Resources

#### Your Privacy Choices

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<sup>†</sup>Ratings based on results of the 2026 ConsumerLab.com Survey of Supplement Users. Omega-3 EPA/DHA ratings based on results of the 2025 ConsumerLab.com Survey of Supplement Users. Multivitamin rating based on results of the 2024 ConsumerLab.com Survey of Supplement Users. For more information, visit [www.consumerlab.com/survey](http://www.consumerlab.com/survey).

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