

COQ10 EMAIL

If you've spent any time in the vitamin aisle at your local pharmacy or grocery store, you've probably seen CoQ10 supplements lining the shelves. But what do you really know about them? CoQ10 is short for "coenzyme Q10," which is a nutrient that the body naturally produces. CoQ10 is a fat-soluble antioxidant that is present in nearly every cell of the body, and it plays a key role in the process of cellular energy production.

Dr. Frederick Crane first discovered CoQ10 in 1957 while studying cellular mitochondria in beef hearts. The next year, Dr. Karl Folkers with the University of Texas identified CoQ10's chemical structure. That discovery kicked off nearly 60 years of CoQ10 research and development. Scientists began working to synthesize CoQ10 in a lab, and researchers began exploring CoQ10's benefits for heart health, energy production and anti-aging.

Kaneka Corp. first began producing all-natural, yeast-fermented CoQ10 in 1977, and Kaneka Q10 is biologically identical to the CoQ10 that the body produces. In the nearly 40 years since, Kaneka Q10 has been the brand used in the majority of FDA-approved clinical trials. In 2006, the company built the first and only CoQ10 manufacturing plant in America.

Building on decades of CoQ10 research, clinical studies and manufacturing expertise, Kaneka Nutrients in 2007 introduced [Kaneka Ubiquinol](#), the active form of CoQ10 that is easier for the body to absorb and use. [Take our quiz](#) to find out if you're taking the right form of CoQ10.

KANEKA QUALITY

So many people today buy organic produce, avoid processed foods and shun GMOs in an effort to improve their health. Simply put, they want to know what they're putting in their bodies. But many of those same health-conscious people take vitamins and supplements without ever stopping to ask: "Where do these ingredients come from – and are they safe?"

Most ingredients in vitamins, or the supplements themselves, are manufactured in China, which lacks both regulatory oversight and quality control procedures. But not Kaneka Q10 and Kaneka Ubiquinol.

In 1977, Kaneka Corp. began producing its all-natural, yeast-fermented CoQ10 ingredient, Kaneka Q10. Thirty years later, the company introduced Kaneka Ubiquinol, the active antioxidant form of CoQ10. Both are made at Kaneka's manufacturing facility in Pasadena, Texas, and Kaneka Nutrients is the first and only American manufacturer of both CoQ10 and ubiquinol ingredients.

Kaneka Q10 and Kaneka Ubiquinol can be found in more than 150 supplement brands, and the company regularly "shelf-tests" the brands that use its ingredients. Kaneka sends people to pharmacies, vitamin shops and grocery stores to buy Kaneka Q10 and Kaneka Ubiquinol supplements off the shelf and then tests each brand for quality, freshness and appropriate dosage. Learn more about [Kaneka Ubiquinol](#) and Kaneka Q10 and the [brands](#) that use Kaneka's premium ingredients.

DO YOU KNOW WHERE YOUR SUPPLEMENTS COME FROM?

Maybe you buy organic produce when you can. Maybe you eat only antibiotic-free meat. Or maybe you look at the labels on your clothes to see where they're made. One thing is certain: You're concerned about quality – as you should be. When something is made in an unsanitary environment or under questionable conditions, you could be putting yourself and your health at risk. Poor quality control has been linked to countless foodborne illness outbreaks and product recalls. So how can you tell what's quality? How can you tell what's safe?

The key is to find out where and how the product is made. Many products are labeled "Made in America" when, really, most of the components or ingredients are produced overseas and only assembled in the United States. The same is true of most nutritional supplements. It can be difficult to trace where the

ingredients in your multivitamins and supplements were actually made, but most ingredients are manufactured in China. The vast majority of Chinese suppliers operate under no obligation to quality control practices, government standards or even to their own buyers' stipulations.

Kaneka Nutrients is the only company that makes ubiquinol in the United States. [Kaneka Ubiquinol](#) is [produced at the company's plant](#) in Pasadena, Texas, in accordance with strict quality control standards, good manufacturing practices, FDA-designated guidelines, federal safety regulations and tight security protocols. Kaneka Ubiquinol is naturally fermented from yeast and made with only premium ingredients, so you can be sure you're getting the best.