

# NUTRIENT

KANEKA

# NOTES

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## Natural Supplements Contribute to Increased Quality of Life as We Age

Today, the U.S. is on the brink of a longevity revolution. By 2030, the number of seniors in America will have more than doubled to 70 million, or one in every five Americans. The growing number of older adults often places increasing demands on the public health system as well as social services. But poor health is not an inevitable consequence of aging.

Optimal health can be promoted and supported by maintaining a healthy lifestyle, regular physical activity and a healthy diet, as well as avoiding tobacco use and getting regular check-ups.

While maintaining cardiovascular and neurological health often top the list as we age, aging also leads to more immediate issues related to everyday quality of life, such as increased fatigue and lack of stamina and energy. According to the Department of Health and Human Services, approximately 20 percent of Americans report having fatigue intense enough to interfere with normal activities, and 10 percent to 25 percent of all patients who visit general practitioners complain of prolonged fatigue.

Though diet and exercise play a role in healthy aging in recent years medical practitioners have placed increasing emphasis on preventive health measures, and are now looking at the benefits of powerful compounds known as antioxidants. Antioxidants neutralize free radicals in the body and help prevent the cellular damage that can contribute to age-related diseases. While Vitamin C and Vitamin E are well-known and important antioxidants found in many multi-vitamins, a form of Coenzyme Q10 (CoQ10) called ubiquinol is the most powerful fat-soluble antioxidant. Ubiquinol (KanekaQH™) not only provides antioxidant protection and decreases cellular damage, but it also regenerates other antioxidants such as Vitamin C and Vitamin E. Because of its strength as an antioxidant and higher absorption capabilities, ubiquinol is gaining popularity, especially among those 40 years of age and older, who aren't able to efficiently convert CoQ10 within their bodies.



**KANEKA QH™**

**Ubiquinol (KanekaQH™) not only provides anti-oxidant protection and decreases cellular damage, but it also regenerates other antioxidants such as Vitamin C and Vitamin E.**

## Testimonial

Internationally acclaimed opera singer Jennifer Wilson's voice needs to be powerful enough to be heard over a full 120-piece orchestra—without using a microphone.

For the past two years, she has relied on CoQ10 to maintain the energy level and immune system necessary to perform frequently.

"I would recommend CoQ10 to anyone," Jennifer said.



Visit [Kanekaq10.com](http://Kanekaq10.com) to read more about Jennifer's Story



## Q&A with Dr. Robert Barry

**"I've heard that statins impair natural CoQ10 production, which can potentially cause side effects like muscle cramps. If I'm not experiencing any of these conditions while on statins, do I really need to supplement with CoQ10?"**

Statins reduce cholesterol effectively, but not selectively. The biosynthetic pathway of cholesterol is shared by other important compounds including Coenzyme Q10, so the drugs that inhibit cholesterol synthesis (statins) also inhibit the body's production of CoQ10.

Studies show a correlation between low levels of CoQ10 and some demonstrated side effects of statin use. According to conservative Physician's Desk Reference (PDR) estimates, between 0.5 percent and 2.3 percent of statin users may experience side effects. That may sound small but it means that as many as 500,000 people in the United States alone may suffer side effects.

Reported adverse effects of long-term statin use related to CoQ10 levels include:

- Muscle pain, weakness and tenderness.
- Mild memory loss.
- Tingling, numbness in extremities.

Although even mild side effects may not surface after taking statins for several months, some reports suggest that they often become apparent over time and as the doses increase. Taking CoQ10 with statins may help to protect against these side effects, while also providing antioxidant benefits.

Research has shown that the pre-converted ubiquinol form (Kaneka QH™) raises CoQ10 plasma levels more efficiently than the oxidized ubiquinone form, particularly in those over 40.

As always, consult your physician to see which form might be right for you.

**"Taking CoQ10 with statins may help protect against side effects, while also providing antioxidant benefits"**



Robert Barry, Ph.D., heads Scientific Affairs, Research and New Product Development for Kaneka Nutrients, L.P. Dr. Barry, a former principal advisor to the National Institutes of Health, is one of the country's foremost authorities on Ubiquinol.



## Supplements, continued.

Typically, until about age 40, the body readily produces all of the CoQ10 it needs and converts it to ubiquinol; however, age, disease, and a combination of other factors impair the body's ability to produce and metabolize CoQ10. Thus, taking a supplement containing ubiquinol becomes increasingly important to maintaining good health.

Since ubiquinol is only found in trace amounts in foods, such as broccoli, nuts, seafood, and organ meats, dietary intake typically is not a practical source of the nutrient for older individuals.

“Always consult a doctor about your specific needs, but the typical dose for a healthy person initially includes 200–300 mgs per day until CoQ10 plasma levels plateau—usually within two weeks,” said Dr. Robert J. Barry of Kaneka Nutrients. “Thereafter, 100 mg per day is a good maintenance dose.”

KanekaQH™, manufactured by Kaneka Corporation, is the only supplemental ubiquinol available today. It is currently found in more than 40 consumer brands.

For more information on the benefits of KanekaQH™ ubiquinol, log onto <http://www.kanekaqh.com>.



## Consumers Beware: Know Your Supplement Source

From tainted toothpaste and dog food to widely used drugs and toys, consumers have become increasingly skeptical about the safety of imported products.

In February, Baxter International Inc. recalled vials of the popular blood thinner Heparin following reports of potentially deadly allergic reactions. The FDA reports that 81 people have died from the drug in the U.S. since then, and that all contaminated Heparin originated in China.

Due to ongoing incidents such as this one, the FDA issued a “Final Rule” statement in June 2008, forcing nutritional supplement providers to follow stricter guidelines and accept more accountability for their ingredients.

Kaneka Nutrients, L.P., the only U.S. manufacturer of Coenzyme Q10 (CoQ10), strongly supports the FDA ruling and urges consumers to take care in selecting nutritional ingredients.

“People must realize that the vast majority of products available on the market right now are safe,” said Dr. Robert J. Barry of Kaneka Nutrients. “However, it’s important to always check supplement labels and know where the products—particularly those you ingest—are coming from.”

Because KanekaQ10™ is manufactured in the U.S., it is held to the highest manufacturing standards. It is the primary brand of CoQ10 used in National Institutes of Health-funded trials that are overseen by the FDA.

## Clinical Trial to Study Whether Coenzyme Q10 May Help Slow Functional Decline in HD Patients

**“This is an extremely important trial, and Kaneka Nutrients is proud to be the sole source of CoQ10 being used in the study.”**

**– Dr. Robert Barry**

Researchers with The Huntington Study Group (HSG) recently launched a Phase III clinical trial to determine the effect of Coenzyme Q10 on individuals with Huntington’s Disease (HD). The study, funded by the NIH’s National Institute of Neurological Disorders and Stroke, will follow 608 patients for five years to evaluate the effects of high doses of CoQ10 in slowing functional decline in Huntington’s disease patients. The study also will examine the long-term safety of prolonged exposure to extremely high doses of CoQ10 (2,400 mg per day). Huntington’s disease is a genetic, progressive brain disorder that causes uncontrolled movements, cognitive difficulties and emotional disturbances.

The HSG, a non-profit group of clinical investigators, began enrolling patients into the double-blind, placebo-controlled study on March 19, 2008 in centers across the United States, Canada and Australia.

“This is an extremely important trial, and Kaneka Nutrients is proud to be the sole source of CoQ10 being used in the study,” said Dr. Robert Barry, Director of Scientific Affairs for Kaneka Nutrients L.P.’s U.S. Operations. “We’re eager to see the trial results since they potentially represent hope for a better quality of life for patients suffering from this debilitating disease.”

For more information on this study, log onto <http://www.kanekaqh.com>.

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