

USAGE: Take 1 to 3 softgels per day, one with each meal, or as directed by your qualified health care consultant.

Ubiquinol is the reduced (active antioxidant) state of Co-Q10, the form which is directly used in human metabolism as a lipid-soluble antioxidant. While standard Co-Q10 (ubiquinone) supplements can be activated in the body, this activation can be less efficient in some individuals, based on age, genetics, blood sugar status or level of oxidative stress.*

Jarrow FORMULAS® QH-absorb® is in an enhanced stability formula that utilizes the **Q-absorb®** natural proliposome lipid-soluble delivery system, which has been clinically shown in humans to increase Co-Q10 levels up to 400% (3.2x) over baseline and is 3-4 times better absorbed than chewable Co-Q10 tablets.

Ubiquinol is derived from Co-Q10 that is manufactured via a yeast-fermentation process and consists only of the natural trans configuration, the same as is biosynthesized in the human body. **Jarrow FORMULAS®** supports clinical research on Coenzyme Q10.

Keep out of the reach of children.

To report an adverse event: 866-459-4154

*** These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.**

Particle formation inside softgel is normal and dissolves after ingestion.

Lot #. Best Used Before

Superior Nutrition and Formulation™ by

Jarrow FORMULAS®

Los Angeles, CA 90035-4317

www.Jarrow.com

Jarrow FORMULAS®

Reduced Form Co-Q10 (Ubiquinol)

QH-
absorb®



100 mg!

**High Absorption
Enhanced Stability***

100 mg 60 Softgels
Dietary Supplement

Supplement Facts

Serving Size 1 Softgel

	Amount Per Softgel	% DV
Ubiquinol (Kaneka QH™)	100 mg	*

* Daily Value not established.

Other Ingredients: Medium chain triglycerides, phosphatidylcholine, beeswax, rosmarinic acid, vitamin E, and ascorbyl palmitate. Softgel consists of gelatin, glycerin and water. Carob and caramel extract added as a light barrier.

Contains: Soy.

No wheat, no gluten, no dairy, no egg,
no fish/shellfish, no peanuts/tree nuts.



Kaneka QH™ is a
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