

AWARENESS OF FERTILITY NUTRIENT UBIQUINOL: A UK WIDE POPULATION SURVEY

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NEW RESEARCH.

A new study published in the journal of *Gynaecology and Women's Health Research* after reviewing 17 trials found that Ubiquinol appears to contribute to improvements in female egg quality, fertilisation, markers of sperm quality, PCOS symptoms & hormone levels¹. Despite this Ubiquinol knowledge remains to be limited amongst healthcare professionals and consumers alike.

OBJECTIVE.

- There has been growing interest in Ubiquinol from a fertility stance².
- Ubiquinol is the bioavailable form of coenzyme Q10 .
- It is used by mitochondria for energy production with oocytes and sperm being abundant with mitochondria^{3,4}.
- Due to its bioavailability, roles in energy production and as an antioxidant Ubiquinol appears to have a promising role in male and female subfertility¹.
- **The objective of this real-world study was to evaluate UK awareness of Ubiquinol.**

DESIGN.

- A perspective global cross-sectional population data review was undertaken with n=1,009 respondents across the UK.

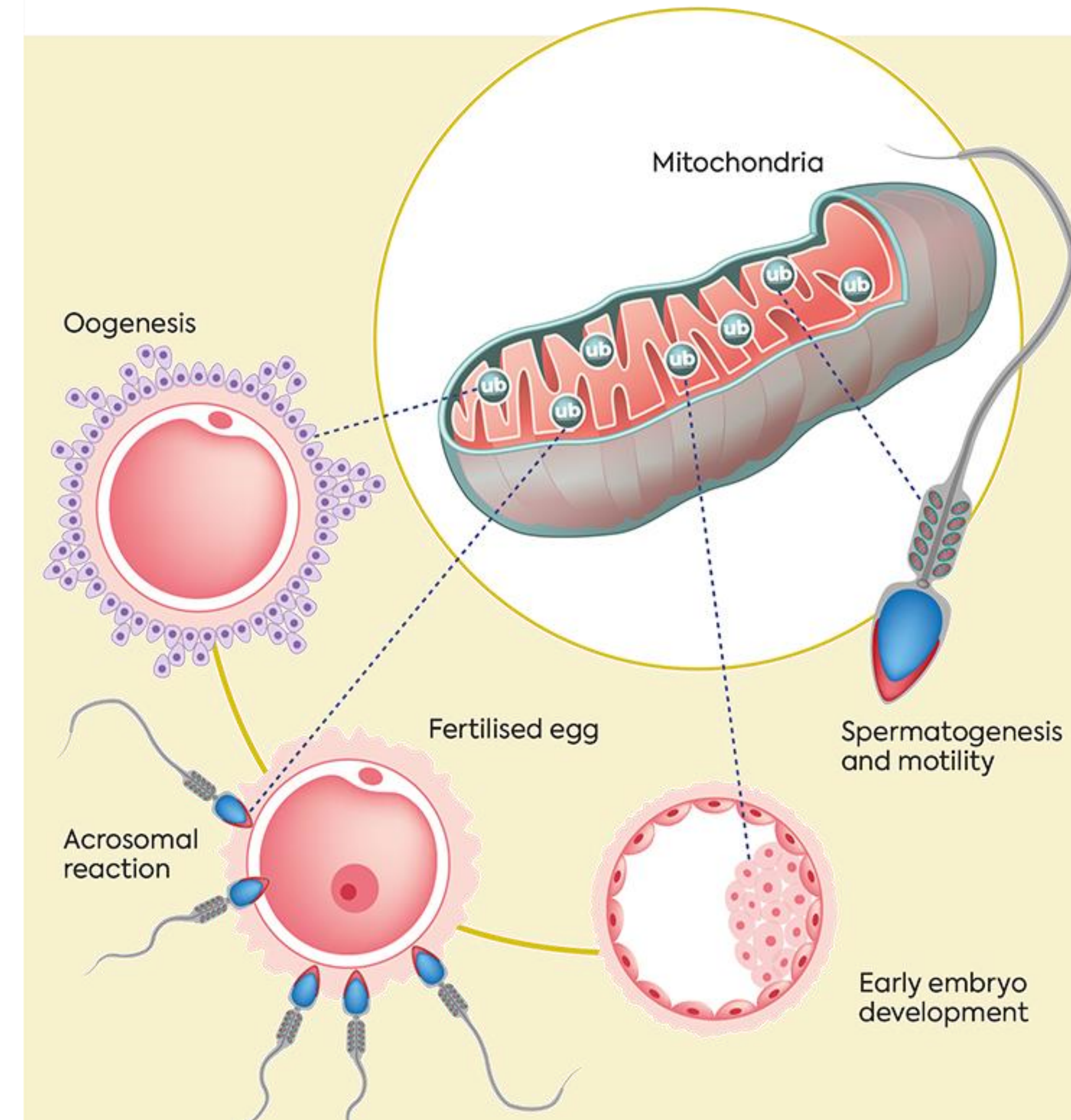


Figure 1: Ubiquinol for fertility.

METHODS.

- UK males and females aged 18-60 years completed the research poll compiled of 33 questions.
- The style and scaling of questions had been previously validated with other nutrients.
- Background information on employment status, job role and UK location was collated.

RESULTS.

- **80%** of UK adults did not know what Ubiquinol was.
- **76%** did not know the difference between CoQ10 and Ubiquinol and 72% were unsure which was more bioavailable.
- **64%** did not know if Ubiquinol could play a role in health or fertility with only 13% identifying a role in energy production, 8% with mitochondrial function, 14% as an antioxidant, 7% linking Ubiquinol to sperm health and 4% oocyte (egg) health.
- **Only 15-16%** identified it as being important to male and female fertility.
- **Just 7%** thought that it was relevant to the preconception period.
- **The future: 51%** reported that they would like to find out more about Ubiquinol in the future.

CONCLUSIONS.

Overall, these are insightful findings indicating that there is a need to raise Ubiquinol understanding (it is the bioavailable form of CoQ10) and awareness amongst the public and health practitioners from whom they are likely to seek advice.

REFERENCES.

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