

Alleviating menopause symptoms with ubiquinol supplementation

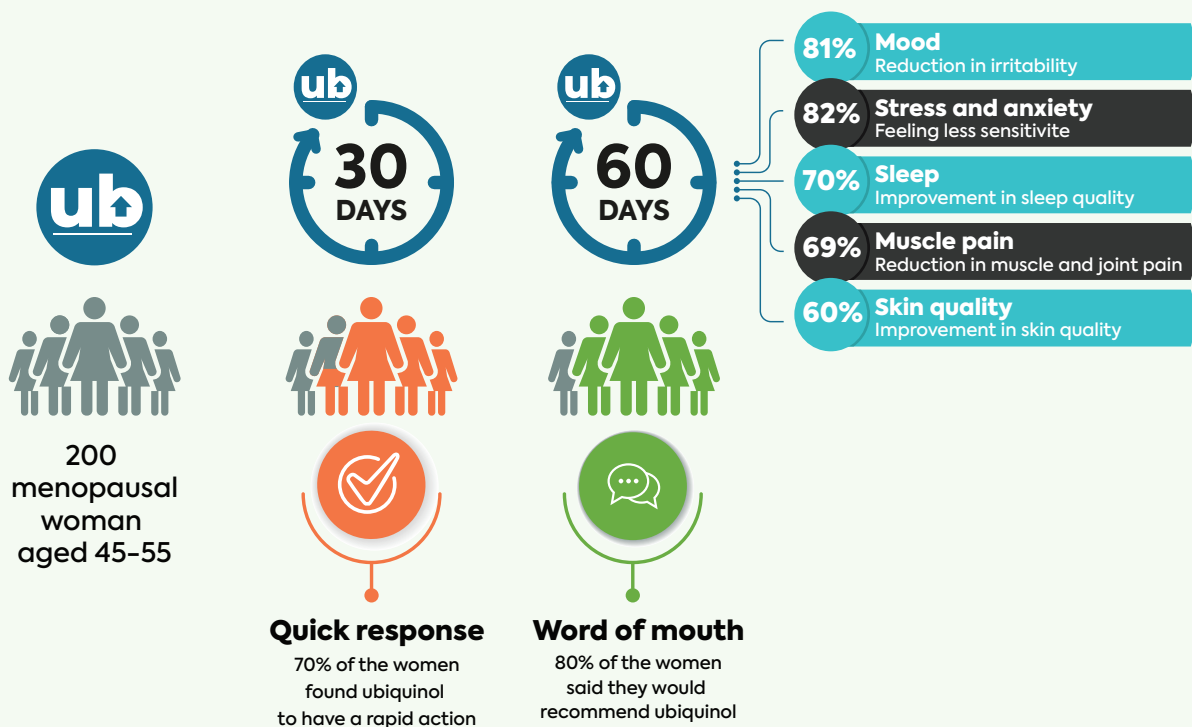
Kaneka Science Publications

A preliminary consumer research study conducted in France in early 2024, involving 200 female participants aged 45 to 55, has demonstrated that ubiquinol supplementation may be an effective solution for alleviating menopausal symptoms.

Within 30 days of supplementation with Kaneka Ubiquinol™, almost 8 in 10 participants said they found ubiquinol to be effective against their menopausal symptoms – with 80% reporting an improvement in mood and feeling more emotionally stable.

According to the independent institute Expansion Consulteam, after two months of taking 200 mg of ubiquinol per day, over 80% of the participants reported reduced stress, experienced decreased sensitivity and saw a decrease in irritability. What's more, 70% reported improved sleep quality, and 69% reported reduced muscle pain.

Ubiquinol: An effective response against menopause symptoms



Study Context:

This consumer research study¹ was conducted in January and February of 2024. Participants were recruited following a live session on Instagram with social media influencers Nathalie Simon and Virginie Florin. The inclusion criteria were women experiencing discomfort related to menopause in the following areas:

- Emotional balance
- Quality of life (stress, sleep)
- Muscle pain

The following exclusion criteria were also applied: individuals undergoing hormonal treatment, non-medication therapy (sophrology, meditation, acupuncture), phytotherapy, homeopathy, medication, or topical treatments. Individuals taking dietary supplements targeting symptoms of menopause were also excluded.

Participants were invited to take a questionnaire before, during and after the supplementation period. Before starting ubiquinol intake (Q0), participants observed a high prevalence and intensity of menopause symptoms. Poor skin quality (94%), sleep disorders (90%), and stress/anxiety (85%) stood out as the most frequently reported symptoms.

Results:

Within 30 days of supplementation with Kaneka Ubiquinol™, nearly 8 out of 10 participants found ubiquinol to be effective against their menopausal symptoms – with 80% reporting moods improvement and feeling more emotionally stable.

Key takeaways:

More than 7 out of 10 women found ubiquinol supplementation to have rapid action in alleviating menopause symptoms.

Almost 8 out of 10 women said they would recommend ubiquinol.

References

¹ Real-life study, Expansion Consulteam, 2024