



NATURAL HEALTH PRODUCT

UBIQUINOL

This monograph is intended to serve as a guide to industry for the preparation of Product Licence Applications (PLAs) and labels for natural health product market authorization. It is not intended to be a comprehensive review of the medicinal ingredient.

Notes

- ▶ Text in parentheses is additional optional information which can be included on the PLA and product label at the applicant's discretion.
- ▶ The solidus (/) indicates that the terms and/or the statements are synonymous. Either term or statement may be selected by the applicant.

Date

June 11, 2014

Proper name(s)

Ubiquinol (NHPID)

Common name(s)

Ubiquinol (NHPID)

Source material(s)

Synthetic (NHPID)

Route(s) of administration

Oral

Dosage form(s)

- ▶ The acceptable pharmaceutical dosage forms include, but are not limited to capsules, chewables (e.g. gummies, tablets), liquids, powders, strips or tablets.
- ▶ This monograph is not intended to include foods or food-like dosage forms such as bars, chewing gums or beverages.



Use(s) or Purpose(s)

Statement(s) to the effect of

- ▶ Helps to maintain and/or support cardiovascular health (Rosenfeldt et al. 2007; Baggio et al. 1994; Langsjoen et al. 1988).
- ▶ Helps to reduce the frequency of migraine headaches and associated symptoms such as nausea and vomiting, when taken as a prophylactic (Hershey et al. 2007; Sandor et al. 2005; Rozen et al. 2002).
- ▶ Provides antioxidants (Kalpravidh et al. 2005; Rosenfeldt et al. 2005; Crane 2001; Chello et al. 1994).

Dose(s)

Subpopulation(s)

Adults (≥ 18 years)

Quantity(ies)

Antioxidant

Up to 300 mg, per day (Langsjoen and Langsjoen 2008; Rosenfeldt et al. 2007; Baggio et al. 1994; Langsjoen et al. 1988).

Cardiovascular Health; Heart Function

15-300 mg, per day (Langsjoen and Langsjoen 2008; Rosenfeldt et al. 2007; Baggio et al. 1994; Langsjoen et al. 1988).

Migraine Prophylaxis

75-100 mg, 2-3 times per day (Langsjoen and Langsjoen 2008; Hershey et al. 2007; Sandor et al. 2005; Rozen et al. 2002).

Directions for use (optional)

Statement(s) to the effect of

Take with meals.



Duration of use

Statement(s) to the effect of

Migraine Prophylaxis

Use for a minimum of 3 months to see beneficial effects (Hershey et al. 2007; Sandor et al. 2005; Rozen et al. 2002).

Risk information

Statement(s) to the effect of

Caution(s) and warning(s)

All products

- ▶ If you are pregnant or breastfeeding, consult a health care practitioner prior to use.
- ▶ If you are taking blood pressure medication, consult a health care practitioner prior to use (Langsjoen and Langsjoen 2008; Rosenfeldt et al. 2007; Engelsen et al. 2003; Singh et al. 1999; Landbo and Almdal 1998; Spigset 1994).

Doses \geq 100 mg per day

If you are taking blood thinner medication, consult a health care practitioner prior to use (Langsjoen and Langsjoen 2008; Engelsen et al. 2003; Landbo and Almdal 1998; Spigset 1994).

Migraine Prophylaxis

If migraine frequency increases, and associated nausea and vomiting persist or worsen, consult a health care practitioner.

Contraindication(s)

No statement required.

Known adverse reaction(s)

No statement required.

Non-medicinal ingredients

Must be chosen from the current NHPD *Natural Health Products Ingredients Database* (NHPID) and must meet the limitations outlined in the database.

Storage conditions

No statement required.

Specifications

- ▶ The finished product specifications must be established in accordance with the requirements described in the NHPD *Quality of Natural Health Products Guide*.
- ▶ The medicinal ingredient must comply with the requirements outlined in the *Natural Health Products Ingredients Database* (NHPID).

References cited

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