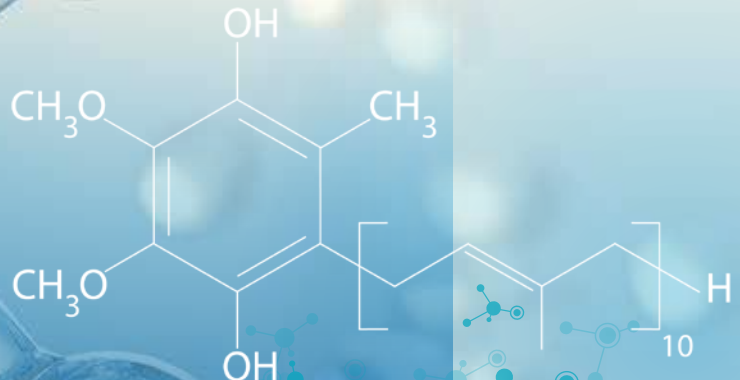


# Ubiquinol (Coenzyme Q10): update data on a safe ingredient with pleiotropic activities

with the patronage of

**SINut**  
Società Italiana di Nutraceutica



Bologna  
January 28, 2025  
Mercure Bologna Centro

# PROGRAM

- 09:00** Secretariat opening and registrations
- 09:15** Introduction to the meeting
- 09:45** Q10 as heart shield and for support to statin-taking patients:  
what is true?  
*Arrigo F.G. Cicero*
- 10:15** Brain antiaging through antioxidants: the main role of Q10  
*Giovambattista Desideri*
- 10:45** *Coffe break*
- 11:15** Q10 application in gynecology: from fertilty improvement to  
menopause support  
*Francesco De Seta*
- 11:45** Q10: pharmaceutical forms, pharmacokinetic and pharmacodynamic  
*Filip Van hulle*
- 12:15** Discussion
- 12:45** *Light lunch*
- 14:00** Conclusion of the meeting

# FACULTY

## *Arrigo F.G. Cicero*

Associate Professor of Applied Dietary Sciences, President of the Italian Nutraceutical Society (SINut), Atherosclerosis and Metabolic diseases Research Unit, Medicine and Surgery Sciences Dept., Alma Mater Studiorum University of Bologna S. Orsola-Malpighi University Hospital

## *Giovambattista Desideri*

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## *Francesco De Seta*

Gynaecologist obstetrician at IRCCS San Raffaele Hospital, Milan

## *Filip Van hulle*

General Manager, Kaneka Nutrients Europe

# INFORMATION

## CONGRESS VENUE

**Mercure Bologna Centro**  
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