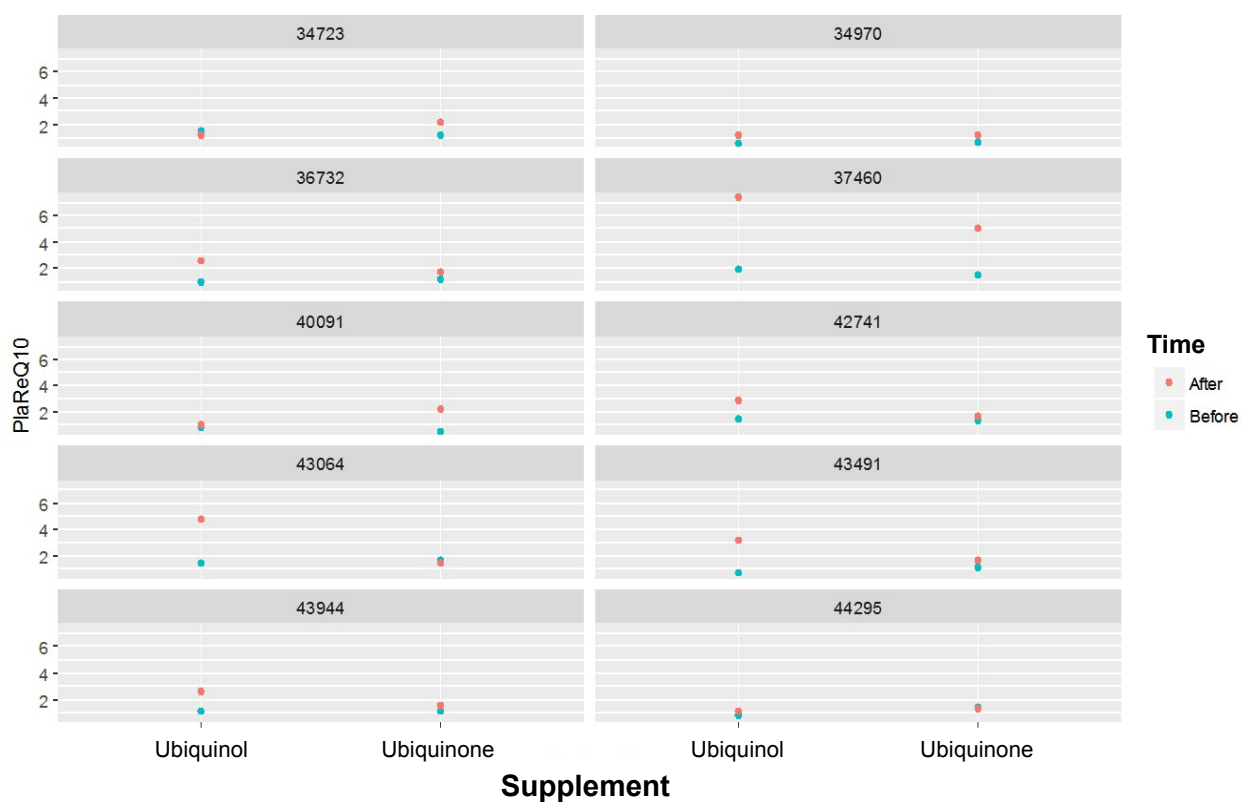


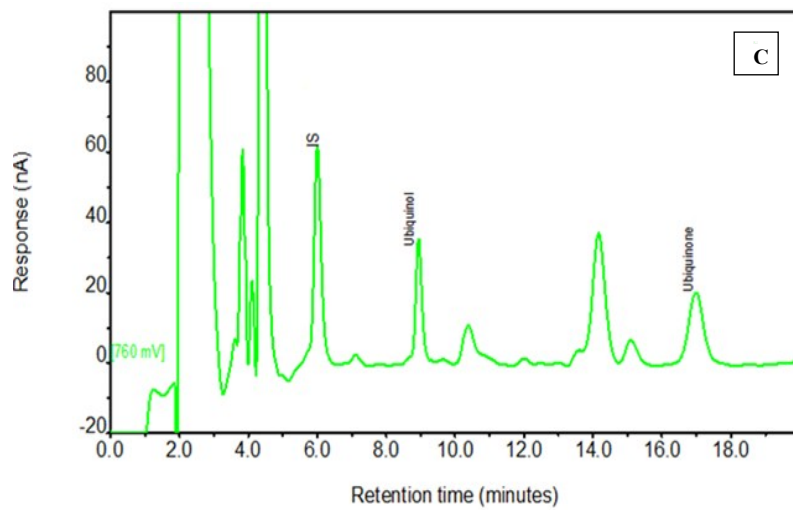
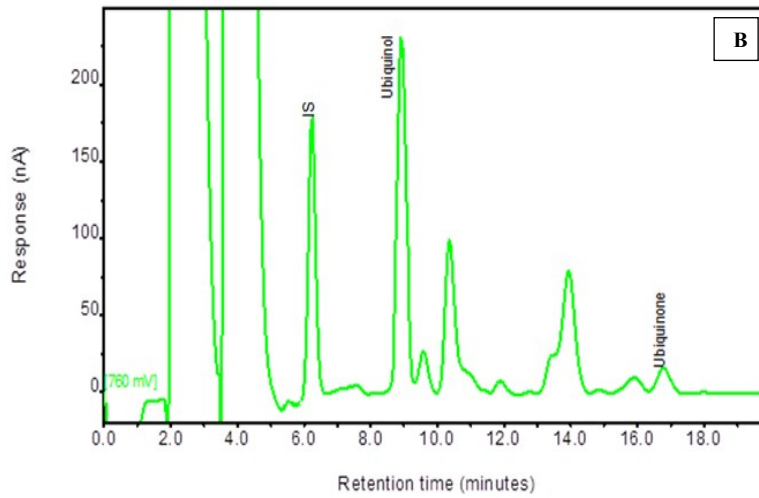
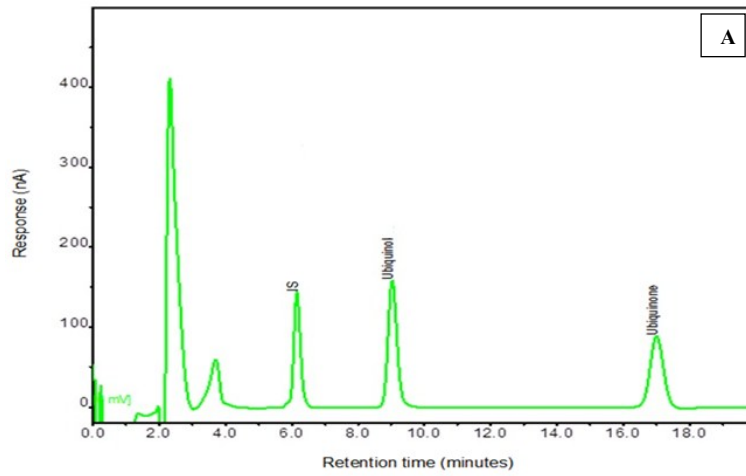
Supplemental Figure 1. The change in plasma ubiquinol status of individual participants after the supplementation of ubiquinol or ubiquinone.

Supplemental Figure 2. Representative chromatogram of echinenone (IS), ubiquinol, ubiquinone of authentic standards (A), plasma (B), and PBMC (C).

Supplemental Figure 1.



Supplemental Figure 2.



Supplemental Table 1. Validation of the HPLC-electrochemical detection method for the determination of ubiquinol and ubiquinone in plasma and PBMC

Analyte	Spiked standard ($\mu\text{mol/L}$) to Plasma /PBMC)	Recovery ¹ (%)	Precision (% RSD)		Linearity of spiked standard curve (r^2)	Range of spiked standards ($\mu\text{mol/L}$)
			Intra-day	Inter-day		
Ubiquinol in plasma	0.05	82.11 \pm 4.21	0.87	3.09	y=4.236x-0.7826 ($r^2=0.9996$)	0.0625-1.000
	0.25	86.33 \pm 3.45				
	0.5	94.58 \pm 4.05				
Ubiquinone in plasma	0.01	81.96 \pm 3.39	3.48	6.40	y=4.0863x-0.0006 ($r^2=0.9998$)	0.016-0.500
	0.05	85.24 \pm 3.12				
	0.1	89.43 \pm 3.56				
Ubiquinol in PBMC	0.01	83.74 \pm 2.91	1.73	1.61	y=3.4081x-0.0763 ($r^2=0.9996$)	0.016-0.500
	0.025	90.24 \pm 3.29				
	0.05	95.93 \pm 3.14				
Ubiquinone in PBMC	0.01	79.35 \pm 3.48	7.25	6.49	y=4.3803x-0.0161 ($r^2=0.9999$)	0.016-0.500
	0.025	86.33 \pm 4.07				
	0.05	88.93 \pm 3.89				

¹ Mean \pm SD (n = 5)