



QUERCETIN, MADE BETTER

 **indena**<sup>®</sup>  
INDUSTRIA  
DERIVATI  
NATURALI

HEALTH - FOOD

**QUERCEFIT**<sup>™</sup>  
QUERCETIN PHYTOSOME<sup>®</sup>

**QUERCEFIT**<sup>™</sup>

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# WHAT IS QUERCEFIT™?

QUERCEFIT™ is the patent pending<sup>1</sup> food grade delivery system of **quercetin** from *Sophora japonica* L., formulated with Phytosome® proprietary technology to **optimize the biological absorption of the flavonoids**, supporting the overall wellbeing in many conditions. **Compared to the unformulated quercetin, bioabsorption and solubility are greatly optimized so it can be used at lower dosages retaining its efficacy.**<sup>2</sup>

## BETTER **PERFORMANCE**, FASTER **RECOVERY**

In a **controlled human study**<sup>3</sup> on healthy triathlon athletes, QUERCEFIT™ demonstrated to **support optimal physical performance** and **prompt recovery**:

- statistically significant **results in each single triathlon test** (swimming, biking, running);
- **higher triathlon time reduction (-11.3%)** compared to control (-3.9%) **after just 14 days of oral supplementation**;
- **reduced discomfort** related to sport activity;
- **lower oxidative stress (PFR) 1 hr after the final run** (Higher levels of PFR found in control have been associated to a delayed recovery time from fatigue);
- **healthy blood levels maintenance**, with a **reduced UBR** (Unconjugated Bilirubin) **and LDH** (Lactate Dehydrogenase), after prolonged sport activity.

# S P E C I F I C A T I O N S

- **34-42% quercetin** by HPLC • suggested dose: **250 mg once or twice a day**
- **yellow powder** for use in nutritional supplements
- **compliant** with main **worldwide markets food regulations** (BELFRIT, US, EU)
- **high tolerability** in individuals assuming **antiplatelet agents, anticoagulants or living with diabetes**.<sup>4</sup>

## THE **NATURAL** REMEDY IN THE **ALLERGY ERA**

In a first controlled **human study on discomforts during allergy season, after 30 days of supplementation with QUERCEFIT™** plus the standard management (SM) versus the SM alone, it has been demonstrated:<sup>5</sup>

- up to **50% reduction of day intermittent discomforts frequency**
- up to **70% reduction of night intermittent discomforts frequency**
- **maintenance of breath function** (Peak Expiratory Flow) **at physiological levels in mild-persistent discomforts**

In a second controlled **human study focussing on local skin discomforts, QUERCEFIT™** was **administrated for just 3 days**, then followed by a local histamine skin stimulus.

Compared to the control, only the **healthy volunteers administered with the extract** showed statistically significant:<sup>6</sup>

- **dose-dependent control** of all main local conditions;
- **skin conditions amelioration** and **capillary filtration reduction**

### References

- <sup>1</sup> International patent application number PCT EP2018/054533 filed on 23/02/2018.
- <sup>2</sup> Riva A. et al Eur J Drug Metab Pharmacokinet. 2018 Oct 16. doi: 10.1007/s13318-018-0517-3.
- <sup>3</sup> Riva A. et al. Minerva Medica 2018 august;109(4):285-9.
- <sup>4</sup> Riva A. et al. Minerva Cardioangiol. 2018 Sep 13. doi: 10.23736/S0026-4725.18.04795-3.
- <sup>5</sup> Cesarone, M. R., et al. Minerva medica (2019).
- <sup>6</sup> Manuscript submitted.



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