

WHAT IS QUERCEFIT®?

QUERCEFIT® is the patent pending¹ 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.²

IMMUNITY HEALTH AND SENOLYTIC FUNCTION

Recent studies^{3,4} show that **QUERCEFIT®** helps maintaining immune system health and modulates cytokines cascade, thus **improving the conditions of those exposed to Covid-19, precisely thanks to its senolytic function**: the product supplementation **helps the health condition of people in the initial phases of SARS-CoV-2, without substituting the standard treatments envisaged by the medical protocols**. In fact, the severity of illness often depends by the way the initial phases are faced.

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:⁵

- 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:⁶

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

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**.⁷

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

In a **controlled human study**⁸ 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.

References

- ¹ International patent application number PCT EP2018/054533 filed on 23/02/2018.
- ² Riva A. *et al.*, *Eur J Drug Metab Pharmacokinet.* 2018 Oct 16. doi: 10.1007/s13318-018-0517-3.
- ³ Di Pierro *et al.*, *International Journal of General Medicine* 2021;14 2359-2366.
- ⁴ Di Pierro *et al.*, *International Journal of General Medicine* 2021;14 2807-2816.
- ⁵ Cesarone, M. R., *et al.*, *Minerva medica* [2019].
- ⁶ Riva A. *et al.*, *Minerva Cardioangiol.* 2018 Sep 13. doi: 10.23736/S0026-4725.18.04795-3.
- ⁷ Manuscript submitted.
- ⁸ Riva A. *et al.*, *Minerva Medica* 2018 august;109(4):285-9.