

THE NEW BOOSTER IN SPORTS NUTRITION

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QUERCEFIT™

QUERCETIN PHYTOSOME®

QUERCEFIT™

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WHAT IS QUERCEFIT™?

QUERCEFIT™ is a food grade delivery system of quercetin from *Sophora japonica* L.

SPECIFICATIONS

QUERCEFIT™ is standardized to contain 34-42% of quercetin by HPLC.

RECOMMENDED DOSE

QUERCEFIT™ is a yellow powder for use in nutritional supplements formulations.
Recommended dose: 250 mg twice a day

SCIENTIFIC EVIDENCE

QUERCEFIT™ is supported by:

- a pharmacokinetic study on healthy volunteers;¹
- a controlled human study;²
- a pilot non-interaction human study.³

References

¹ Riva A. et al. Eur J Drug Metab Pharmacokinet. 2018 Oct 16; doi: 10.1007/s13318-018-0517-3.

² Riva A. et al. Minerva Medica 2018 august;109(4):285-9.

³ Riva A. et al. Minerva Cardioangiol. 2018 Sep 13; doi: 10.23736/S0026-4725.18.04795-3.

⁴ International patent application number PCT/EP2018/054533 filed on 23/02/2018.

WHAT MAKES QUERCEFIT™ UNIQUE?

QUERCEFIT™ - standardized in quercetin - is formulated with Phytosome® delivery system (patent pending⁴) to optimize the biological absorption of the flavonoids.

As for all Phytosome®s, **QUERCEFIT™** is formulated to optimize the bioabsorption of the flavonoid quercetin and the human pk study¹ on healthy volunteers demonstrated that, compared to the unformulated quercetin extract:

- it is up to 20-fold more bioavailable;
- it is more effective at equivalent dosages;
- it can be used at lower dosages.

QUERCEFIT™ is furthermore supported by a controlled human study² on healthy athletes providing maintenance of physical performance and a 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**;
- oxidative stress (PFR) was higher in controls 1 hr after the final run (p<0.05). These higher levels of PFR have been associated to a delayed recovery time from fatigue;
- **QUERCEFIT™** helps maintaining healthy blood cells, as the supplementation significantly **reduced UBR** (Unconjugated Bilirubin) **and LDH** (Lactate Dehydrogenase), after prolonged sport activity.

Lastly, a pilot non-interaction human study confirmed the high tolerability of **QUERCEFIT™** in individuals assuming antiplatelet agents, anticoagulants or living with diabetes.³

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