



Quercefit™
QUERCETIN PHYTOSOME®

Better performance,
faster recovery.

Working out can take a lot of you. Now, there's a better way to recover after a tough workout. With Indena's **Quercefit™** - quercetin Phytosome® - that's been shown effective **for optimized exercise performance and recovery**. And Quercefit™ delivers quercetin with **guaranteed bioabsorption**, thanks to its Phytosome® proprietary delivery system. A human pharmacokinetics study showed bioabsorption **up to 20 times higher than unformulated quercetin**, in line with the levels of a diet rich in vegetables and fruits. And Quercefit™ has proven efficacy: a two-weeks study on triathlon athletes showed benefits in terms of **endurance, performance, recovery times** and oxidative stress. Human studies confirmed that Quercefit™ has **a very good safety profile**. For your sport nutrition needs and better performance, select Quercefit™ from Indena.

These statements may not comply with your country's laws and regulations or with Reg. EC n. 1924/2006 and have not been evaluated by the Food and Drug Administration. The products are not intended to diagnose, treat, cure or prevent any disease. Marketers of finished products containing this ingredient are responsible for ensuring compliance with the applicable legal framework.



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SCIENCE IS OUR NATURE