



QUERCETIN, MADE BETTER

 **indena®**
INDUSTRIA
DERIVATI
NATURALI

NUTRACEUTICAL

QUERCEFIT®

QUERCETIN INDENA PHYTOSOME™

QUERCE®

Please note this documentation is available for various countries all over the world and hence it may contain statements or product classification not applicable to your country. The claims made are in reference to ingredients only, hence they do not refer to finished products and they may not comply with Regulation EC n. 1924/2006. The marketer of any finished product containing any ingredient is responsible for assuring that the destination of the product and the claims made for the finished product are lawful and comply with all applicable laws and regulations of the country or countries in which the product is to be sold.

WHAT IS QUERCEFIT®?

QUERCEFIT® is a **food-grade formulation of quercetin**, derived specifically from the flower buds of *Sophora japonica* L. .

It is designed with **proprietary Indena Phytosome™ technology**, which enhances the **bioabsorption of quercetin** compared to the unformulated form.¹

Quercetin is a natural flavonoid widely found in **vegetables, fruits, and nuts**, often referred to as the “**queen**” of flavonoids for its broad **health potential**.

Its activity profile can be described as pleiotropic, thanks to its multiple benefits - including **support for healthy inflammation response, immune health, fatigue resistance, and eye function**.

These effects contribute to **overall wellbeing and healthy aging**, both in preventive strategies and as a complementary tool to traditional treatments.

SPECIFICATIONS

QUERCEFIT® is standardized to contain: 34.0% to 42.0% of quercetin by HPLC.

QUERCEFIT® complies with major global food supplement regulations, including the BELFRIT list, EU, and US guidelines.

RECOMMENDED USE AND DOSE

QUERCEFIT® is a yellow powder for use in a variety of supplement formulations.

Recommended dose: 250 mg once or twice a day.

TRADEMARKS

QUERCEFIT® is a trademark of Indena S.p.A. and its logo and usage guidelines are available from Indena.

References

- ¹ Riva A. et al.; Eur J Drug Metab Pharmacokinet 44(2): 169-77 (2019).
- ² Rondanelli M. et al.; Biomedicine & Pharmacotherapy 167:115453 (2023).
- ³ Riva A. et al.; Minerva Medica 109(4): 285-9 (2018).
- ⁴ Lee S. et al.; Nature 638(8052): E46 (2025).
- ⁵ Cesarone M.R. et al.; Minerva Medica 110(6): 524-9 (2019).
- ⁶ Belcaro G. et al.; Esperienze Dermatol 22(1): 5-9 (2020).
- ⁷ Yamada S. et al.; Eur Rev Med Pharmacol Sci 26(12): 4331-45 (2022).
- ⁸ Di Pierro F. et al.; Int J Gen Med 14 2807-16 (2021).
- ⁹ Di Pierro F. et al.; Frontiers in Pharmacology 13(13): 1096853 (2023).
- ¹⁰ Rondanelli M. et al.; Life 12(1): 66 (2022).
- ¹¹ Mazzolani et al.; Austin J Allergy 8(1): 1042 (2022).
- ¹² Riva A. et al.; Int J Clinical & Case 6(3): 10-9 (2022).
- ¹³ Riva A. et al.; Minerva Cardioangiologica 67(1) 79-83 (2019).

WHAT MAKES QUERCEFIT® UNIQUE?

QUERCEFIT® is a **next-generation ingredient delivering the full power of quercetin** through three strategic pillars:

- Indena Phytosome™ technology enhances quercetin's absorption compared to the unformulated compound,¹ ensuring optimal effectiveness even at low doses.
- Backed by **more than 10 human studies**, QUERCEFIT® has demonstrated **efficacy in multiple health domains**:
 - Supporting a **healthy inflammatory response**,^{2,3}
 - Promoting **cellular renewal and healthy aging through senolytic activity**,⁴
 - Helping relieving occasional and seasonal eye and nasal discomfort in allergy-prone subjects,⁵⁻⁷
 - Aiding immune readiness and helping manage early symptoms during viral exposure,⁸⁻¹⁰
 - Supporting ocular health, also in presence of allergic discomforts,^{11,12}

Furthermore, QUERCEFIT® benefits from its **outstanding safety profile: clinical trials confirm that is well tolerated and shows no interactions with long-term medications such as anticoagulants, antiplatelet agents, or antidiabetic treatments**.¹³

indena.com

