



QUERCETIN, MADE BETTER

 **indena**<sup>®</sup>

INDUSTRIA

DERIVATI

NATURALI

NUTRACEUTICAL

# QUERCEFIT<sup>®</sup>

QUERCETIN INDENA PHYTOSOME<sup>™</sup>

**QUERCE***FIT*<sup>®</sup>

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## 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.<sup>2</sup>

**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

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- <sup>2</sup> Riva A, et al.; *Eur J Drug Metab Pharmacokinet* (2019); 44(2): 169-77.
- <sup>3</sup> Rondanelli M, et al.; *Biomedicine & Pharmacotherapy* 167 (2023): 115453.
- <sup>4</sup> Riva A, et al.; *Minerva Medica* (2018); 109(4): 285-9.
- <sup>5</sup> Data on file; manuscript in preparation
- <sup>6</sup> Lee S, et al., *Nature* (2025); 638 (8052): E46.
- <sup>7</sup> Cesarone, M. R., et al.; *Minerva medica* (2019); 110(6): 524-9.
- <sup>8</sup> Belcaro G., et al., *Esperienze Dermatol* (2020); 22(1): 5-9.
- <sup>9</sup> Yamada, S. et al., *Eur Rev Med Pharmacol Sci* (2022); 26(12): 4331-45.
- <sup>10</sup> Di Pierro F, et al.; *Int J Gen Med* 14 (2021): 2807-16.
- <sup>11</sup> Di Pierro F, et al. *Frontiers in Pharmacology* (2023); 13(13): 1096853.
- <sup>12</sup> Rondanelli M, et al.; *Life* (2022); 12(1): 66.
- <sup>13</sup> Mazzolani et al.; *Austin J allergy* (2022); 8(1): 1042.
- <sup>14</sup> Riva A, et al.; *Int J Clinical & Case* (2022); 6(3): 10-9.
- <sup>15</sup> Riva, A., et al. *Minerva cardiologica* 67(1)(2019): 79-83.

## WHAT MAKES QUERCEFIT® UNIQUE?

**QUERCEFIT®** is a next-generation ingredient delivering the **full power of quercetin** through three strategic pillars: origin, formulation, and multifunctional activity.

Quercetin is a natural flavonoid widely found in vegetables, fruits and nuts, with **QUERCEFIT®** specifically derived from the flower buds of *Sophora japonica* L.

Thanks to its **pleiotropic profile, quercetin exerts beneficial effects on several physiological processes, supporting health and longevity “inside and out.”**

**Indena Phytosome™ technology optimizes quercetin’s absorption up to 20-fold compared to the unformulated flavonol.**<sup>1,2</sup>

**Backed by more than 10 human studies, QUERCEFIT® has demonstrated efficacy in multiple domains:**

- **Supporting a balanced inflammatory response and physical performance**, benefitting muscle recovery and ache relief;<sup>3,4</sup>
- **Promoting cellular renewal and healthy aging through senolytic activity**,<sup>5,6</sup> with evidence from validated *C. elegans* model showing **enhanced resistance to oxidative and thermal stressors and upregulation of longevity-related genes**;<sup>5</sup>
- **Helping relieve occasional and seasonal eye and nasal discomfort** in allergy-prone subjects, improving quality of life;<sup>7-9</sup>
- **Aiding immune readiness** by acting as an adjuvant in supporting balance in **viral exposure and potentially reducing early symptom severity**;<sup>10-12</sup>
- **Supporting ocular health**, including in allergic conjunctivitis and during tissue recovery.<sup>13,14</sup>

Furthermore, **QUERCEFIT®** benefits from an outstanding safety profile: clinical trials confirm it is **well tolerated and shows no interactions with long-term medications**.<sup>15</sup>

**This multitarget profile positions QUERCEFIT® as a modern strategy to address the root mechanisms of aging while maintaining vitality and a youthful appearance.**

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