



QUERCETIN, MADE BETTER

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HEALTH - FOOD

QUERCEFIT[®]
QUERCETIN PHYTOSOME[®]

QUERCEFIT[®]

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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, SENOLYTIC FUNCTION AND COVID-19

Human 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.

A recent human study⁵ involving 120 **high exposure healthcare** workers show that **QUERCEFIT®** supplementation helps **maintaining health conditions in 75% people working in a COVID-19 infectious environment.**

The completion of a preliminary investigation⁶ on human health support in case of Covid-19 infection - now performed on **100 subjects** - confirmed that just after one week, the administration of **QUERCEFIT®** in addition to the Standard Care significantly increased clearance of the virus (68% QUERCEFIT® vs 24% Standard Care), reduced symptoms occurrence (52% QUERCEFIT® vs 24% Standard Care), improved crucial biomarkers (great optimization in particular for LDH).

Such evidences show once more the efficacy of quercetin, formulated with Phytosome® delivery system, in being a favourable supplementation in situations where **possible exposition to SARS-CoV-2 risks is higher.**

THE NATURAL REMEDY IN THE ALLERGY ERA

A recent **randomized, placebo-controlled, double-blind parallel-group** study⁷, aimed to investigate the **effects of a 4-week oral intake of quercetin Phytosome® on physiological parameters and relative subjective feelings in Japanese adults who complained of discomfort in the eyes and nose.**

After the subjects were given **250 mg of QUERCEFIT®** twice daily or the placebo for 4 weeks they experienced a **favourable healthy status for their eyes and nose.** Furthermore, the **quality of life of these subjects significantly improved** and it has been proven a **beneficial effect on immune and inflammatory processes in the upper respiratory tract**, main way in for allergens and pathogens.

Taking inspiration from the interesting Japanese study outcomes , a **new investigation⁸ has been designed to deep dive the role of quercetin as a beneficial supplementation when allergic ocular discomfort may occur.**

The results show that **dietary supplements may play a relevant role in the future**

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** when assuming **antiplatelet agents, anticoagulants or living with diabetes**.⁹

treatment of allergic conjunctivitis, thanks to proved evidence of their effectiveness and safety.

In particular, there are evidences that **supplementation with QUERCEFIT® may favourably mitigate unbalanced ocular conditions and as stand alone supplementation to preserve eye health over time after allergic symptomatology**. In a 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:¹⁰

- 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 another 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:¹¹

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

BETTER PERFORMANCE, FASTER RECOVERY

In a **controlled human study**¹² 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**
- **healthy blood levels maintenance**, with a **reduced UBR and LDH** after prolonged sport activity.

References

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- ⁵ Di Pietro *et al.*, Frontiers in Pharmacology DOI=10.3389/fphar.2022.1096853 ¹¹ Manuscript submitted.
- ⁶ Rondanelli, M. *et al.* Life 12.1 (2022): 66. ¹² Riva A. *et al.*, Minerva Medica 2018 august;109(4):285-9.



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