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QUERCETIN INDENA PHYTOSOME®

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Please note that the physiological activity of the ingredient described herein is supported by the referenced clinical trial reports. Marketers of finished products containing the ingredient described herein are responsible for determining whether the claims made for such products are lawful and in compliance with the laws of the country in which they will market the products.

QUERCEFIT®

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.[2]

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.

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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.[1,2]

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;[3,4]
- **Promoting cellular renewal and healthy aging through senolytic activity**,[5,6] with evidence from validated *C. elegans* model showing **enhanced resistance to oxidative and thermal stressors** and **upregulation of longevity-related genes**;[5]
- **Helping relieve occasional and seasonal eye and nasal discomfort** in allergy-prone subjects, improving quality of life;[7-9]
- **Aiding immune readiness** by acting as an adjuvant;[10-12]
- **Supporting ocular health**, including in allergic conjunctivitis and during tissue recovery.[13,14]

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

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

DPR 0282 - 03/2019*10/2026

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