

Holofit Quercimax 50 Caps

EAN: 8437021090024 FABRICANTE: EQUISALUD



It is a food supplement produced by Laboratorios Equisalud and formulated with plant extracts, which collaborates by providing an antiviral and modulating action of the immune system.

DESCRIPTION

What is Holofit Quercimax and what is it for?

This food supplement is specially designed to offer **benefits in immune health, senolytic function, allergy management and physical performance** .

The new Holofit QuerciMax is made with **Quercefit**® , a food-grade delivery system for quercetin from *Sophora japonica* . It is also formulated with the patented Fitosoma® technology, this technology is introduced into the formulations to optimize the biological activity, as well as the absorption of flavonoids. The bioavailability and solubility of Quercefit® , compared to other quercetins, are much more optimized to be able to be used in lower doses while maintaining its effectiveness at all times.

The absorption of quercetin is compromised on numerous occasions, and it is a recognized fact, which is why its effects, as well as the potential health benefits, may be limited. Therefore, we present this new technology that helps solve this difficulty. The phytosome is a patented technology that aims to optimize its absorption, so a lower dose is necessary to obtain greater effectiveness and, furthermore, without causing impact on the digestive mucosa. Its action on respiratory and immunological health is especially noteworthy due to its anti-inflammatory, antiviral, antioxidant and immunomodulatory effects.

Benefits of Quercetin

The new Holofit QuerciMax, based on Quercefit® , can provide benefits for **immune health, senolytic function, allergy management and physical performance** . In fact, it helps maintain the health of the immune system and, according to a study, is capable of modulating the cytokine cascade, thus supporting the conditions of those exposed to COVID-19, precisely **thanks to its senolytic function** .

Senolytics are substances that selectively induce the death of senescent cells. Supplementation with Quercefit® can help the health status of people in the initial phases of SARS-CoV-2, but **in no case should it replace the standard treatments provided for in medical protocols** . In fact, the severity of the disease **often depends on the way in which the initial phases are faced** and Quercefit® can be a support.



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It is also interesting **in cases of physical performance** , in fact, in a controlled human study in healthy triathlon athletes, Quercetin[®] was shown to support said performance, as well as faster recovery. Here are some of the interesting data that came out of the study:

- Statistically significant results in each individual triathlon event, such as swimming, cycling and running.
- Greater reduction in triathlon time: up to 11.3% less, compared to the control of ? 3.9%. These results occurred after just 14 days of oral supplementation.
- Reduction of discomfort related to sports activity.
- Lower oxidative stress one hour after the final race. The higher levels of oxidative stress found in the control were associated with a delayed recovery time from fatigue.
- Maintenance of healthy blood levels of unconjugated bilirubin and LDH (lactate dehydrogenase) after prolonged sports activity.

Allergies and quercetin

On the other hand, we must highlight the benefits that this compound can provide in cases of allergies.

In a first-in-human controlled study of discomfort during allergy season, after 30 days of supplementation with Quercetin[®] plus standard management (SM) versus MS alone, has shown:

- Up to 50% reduction in the frequency of intermittent discomfort during the day.
- Up to 70% reduction in the frequency of intermittent nighttime discomfort.
- Maintenance of respiratory function (maximum respiratory flow).

What is the recommended daily dose of Holofit Quercimax?

Instructions for use and recommended quantity

Take one capsule twice a day. It can be taken up to three times, always a few minutes before main meals, or as directed by a specialist. Do not take more than three capsules a day.

What are the benefits of Holofit Quercimax?

Holofit QuerciMax is a food supplement that **collaborates by providing an antiviral and modulating action of the immune system** .



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Benefits and properties of Holofit QuerciMax

- Helps improve immune health.
- Collaborates as support in allergies.
- It helps improve performance and recovery in athletes.

What is the composition of Holofit QuerciMax?

Per capsule:

- Quercefit® (quercetin with Fitosoma® technology: quercetin (*Sophora japonica*) 40%.
- Phospholipids (sunflower lecithin) 40%.
- Maltodextrin 18%.
- Silicon dioxide 2% 250 mg.

Envelope:

Polysaccharide of plant origin (pulan).

Quercefit® is a registered trademark of a food-grade delivery system of quercetin from sophora or *Sophora japonica*. This system is formulated with patented Fitosoma® technology that improves the optimization of biological activity as well as the absorption of flavonoids, helping to support general well-being in many conditions. Compared to other different quercetins, the bioavailability and solubility of this quercetin from sophora are highly optimized so that it can be used in lower doses while maintaining its effectiveness.

Does Holofit QuerciMax have contraindications?

It should not be consumed by pregnant or lactating women, or children.

