



NEW Year, New Product!

Protocol For Life Balance® is launching a new high-bioavailability quercetin: Quercetin Phospholipid featuring a clinically evaluated and unique form of quercetin phytosome.



Bioactive Compounds

Quercetin Phytosome

Composition:

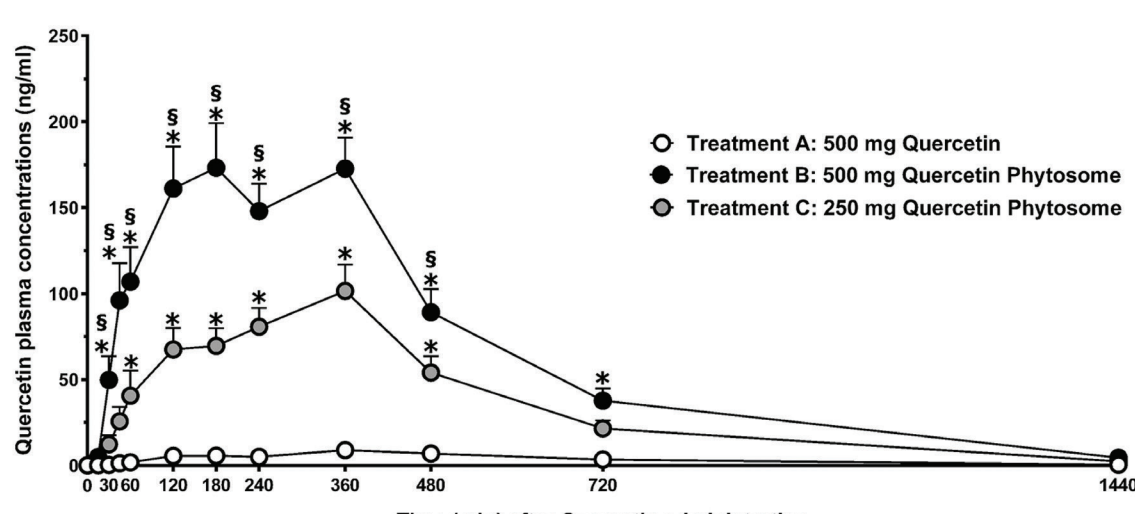
- 40% quercetin extracted from the flower buds of *Sophora japonica* L.
- 40% sunflower lecithin
- 20% excipients: potato maltodextrin, silicon dioxide



Bioavailable Compounds

20 times more bioavailable than standard quercetin¹

- C_{max}: 223 ng/ml with 500 mg quercetin phytosome vs. 11 ng/ml with 500 mg standard quercetin.¹
- AUC: 96,164 min.ng/ml with 500 mg quercetin phytosome vs. 4,775 min.ng/ml with 500 mg standard quercetin.¹



Pharmacokinetic profile of quercetin in healthy human volunteers. Plasma concentrations of quercetin obtained after single oral administration of regular quercetin at 500 mg/tablet and after single oral administration of Quercetin phytosome at a dose of 250 or 500 mg. Data are plotted as the mean value + SD, n=12 for each point. * $P < 0.0001$ in comparison to treatment A. § $P < 0.005$ in comparison to treatment C.¹



Clinically Evaluated in Triathletes

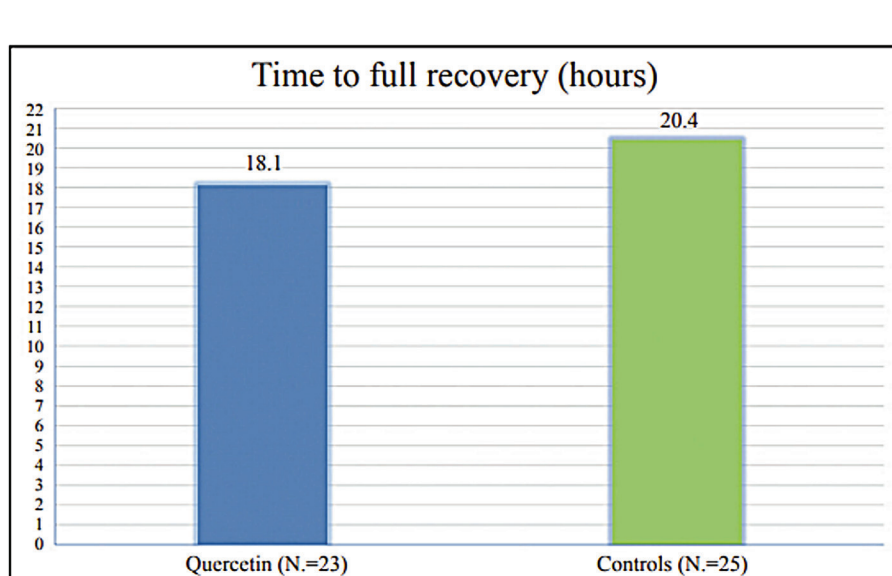
Performance significantly improved in quercetin phytosome group vs. control group^{2†}

100-min triathlon	Quercetin (N.=23)		Control (N.=25)	
	Baseline	2 weeks	Baseline	2 weeks
Swim, s	856±227	728±273*	858±237	794±216
Bike, s	2315±490	2047±428*	2240±482	2127±515
Run, s	1560±314	1423±288*	1535±333	1489±365
Total (includes transition phases and rest), s	6113±424	5425±380*	6033±470	5797±499

Comparison between 2-week values and those reported at baseline were significant in both groups ($P < 0.05$).

* $P < 0.05$ vs. controls.

Significant shorter time to recovery post-triathlon vs. controls^{2†}



Time to full recovery pain in the quercetin and the control group. $P < 0.05$ for quercetin vs. controls.

At Protocol For Life Balance®, we believe that offering the best possible ingredients gives practitioners the ability to recommend products that are both innovative and effective. Quercetin phytosome is a unique proprietary and highly bioavailable form of quercetin, a polyphenol naturally found in fruits and vegetables, but known for its low bioavailability. Our Quercetin Phospholipid has been clinically evaluated and has demonstrated significant clinical benefits for immune health and respiratory health, as well as for performance and recovery in healthy triathletes.[†] Quercetin Phospholipid is a safe and effective form of quercetin designed to promote a balanced immune response to normal biological stress so your patients can get back on track with their daily life.[†]