

For Immediate Release

New Study Shows Safe, All-Natural Ingredient MGCPQQ® Can Help Improve Brain Health in Young People

The only mitochondria-enhancing ingredient to be listed on Novel Foods in EU targets a range of cognitive functions within younger generations

(New York, NY – March 27, 2023) – A new study conducted by Mitsubishi Gas Chemical (MGC) reveals the safe, all-natural supplement compound MGCPQQ® can aid with improving brain function and cognition in younger adults and help to boost cognitive flexibility, processing speed, and execution speed.

In a double-blind, placebo-controlled study, MGC investigated the effects of pyrroloquinoline quinone disodium salt (PQQ) on cognitive function in adults aged 20 and 65 years using its own MGCPQQ ingredient, which is manufactured in Japan through a proprietary fermentation process. Participants were administered 20 mg of MGCPQQ for 12 weeks, and after that period of time, each one showed improvements in composite and verbal memory.

However, to better analyze the impacts of the ingredient upon different age groups, an age-stratified analysis was performed. Younger adults (aged 20-40 years) demonstrated improvements in a range of cognitive function after 8 weeks while older adults (aged 41-65) showed enhancements in complex and verbal memory after 12 weeks.

MGCPQQ which is still the only PQQ to be successfully evaluated for its safety and quality by the European Food Safety Authority (EFSA) and appears on the European Union's approved list of Novel Foods Ingredients, remains the most researched and studied ingredient of its kind globally. For that reason, it is the only PQQ legally allowed to be sold in the EU.

"We're excited about the recent study results and MGCPQQ's ability to help improve brain function and cognition in people of all ages, including the younger generations," said Shoji Matsukawa, vice president of Mitsubishi Gas Chemical America. "MGCPQQ has been validated through nearly 40 years of scientific research and peer-reviewed literature and remains the most studied and tested compound of its kind on the market. As younger consumers look for natural supplements that are proven to create healthy mitochondria, it is important the ingredients have been thoroughly vetted and studied."

Research over the years has revealed MGCPQQ can help stimulate mitochondria and support nerve growth factor, leading to positive effects on stress, fatigue, sleep and vigor. Its functions have been fully characterized and widely tested in approximately in hundreds of animal and human studies over the course of four decades.

In previous studies, MGCPQQ has been proven to improve brain function and cognition in older adults (45 and above); however, this new study reveals that the mitochondrial boosting ingredient can help improve cognitive performance for younger adults, highlighting the benefits of incorporating a natural supplement ingredient early on in life.

Supplement manufacturers and nutraceutical professionals looking to add a safe, well-studied and trustworthy mitochondria-enhancing ingredient to their product formula can learn more about MGCPQQ by visiting booth #H219 at Vitafoods Europe, May 9-11 in Geneva, Switzerland.

For more information about MGCPQQ, visit www.mgcpqq.eu. This product is not intended to diagnose, treat, cure or prevent any disease.

About Mitsubishi Gas Chemical Co., Inc.

As a subsidiary of Mitsubishi Gas Chemical Company, Inc. in Tokyo, Mitsubishi Gas Chemical America has been leading the way in the fields of basic chemicals to specialty and advanced materials in the United States since 1984. As a pioneer in its research of pyrroloquinoline quinone (PQQ), Mitsubishi has manufactured a safe, all-natural supplement ingredient that supports cognitive function and mitochondrial biogenesis and is branded as MGCPQQ in Europe, and BioPQQ in North America and Japan. The powerful ingredient is a natural source of PQQ and made through a proprietary fermentation process. MGCPQQ/BioPQQ have multiple certifications and registrations attesting to its safety, efficacy and high-quality standards. For more information, visit www.mgcpqq.eu, www.biopqq.com or www.mgc-a.com.

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