

FOR IMMEDIATE RELEASE

New Research Further Validates PQQ as a Longevity Essential; Study Shows Extended Healthy Lifespan and Improved Physical Function

Adding to decades of mitochondrial science, the latest findings reinforce PQQ's role in reversing age-related decline and supporting full body vitality beyond cognitive health

(Tokyo, Japan – May 22, 2026) As demand for clinically substantiated cognitive and healthy-aging ingredients continues to rise across Europe, pyrroloquinoline quinone (PQQ) remains one of the most rigorously researched and trusted bioactive compounds available to formulators.

New lifespan data from animal research further strengthen PQQ's scientific profile, showing that lifelong dietary intake of PQQ significantly delayed age-related decline and extended healthy survival in a well-established model of accelerated aging. While animal data do not translate directly to humans, the findings reinforce PQQ's documented role in supporting the biological processes that underpin cognitive performance, energy metabolism, and resilience with age. The results from the latest PQQ study have been published in the peer-reviewed journal [Food & Function \(Royal Society of Chemistry\)](#) this month.

MGCPQQ – the naturally derived, fermentation-based form of PQQ developed by Mitsubishi Gas Chemical (MGC) in Japan – was used in the latest study. MGC is considered the global pioneer in PQQ research, having conducted hundreds of in vitro, animal, and human studies over the last four decades to evaluate its safety and functional benefits.

“The mice that consumed PQQ as part of their diet not only lived longer as a group but also stayed more physically active and maintained better neuromuscular function as they aged,” said Atsushi Sugimoto, Assistant Manager, Mitsubishi Gas Chemical. “Importantly, the results showed that PQQ supported a longer healthy lifespan, not just survival, which is a key distinction in aging research.”

PQQ is best known for its ability to activate mitochondrial biogenesis, increasing both the number and efficiency of mitochondria – critical for the brain, muscles, and other important tissues. Age-related mitochondrial loss has been closely linked to impaired memory, reduced energy, and declining physical function, making mitochondrial support a central strategy in healthy-aging nutrition.

Human and cellular research has shown that PQQ supplementation may help support:

- Memory recall and short-term cognitive performance
- Energy, sleep quality, and stress resilience

- Stimulation of nerve growth factor (NGF)

MGCPQQ remains the only PQQ approved as a Novel Food ingredient in the European Union. Known as BioPQQ in North America and Japan, it is the most tested and most trusted PQQ, supported by extensive safety, toxicology, and efficacy data, and approved for food-supplement use in multiple global markets.

As research into mitochondria, cognition, and healthy aging continues to evolve, PQQ stands out for the consistency and depth of evidence behind it – making it a proven, future-fit ingredient for EU formulations focused on long-term cognitive and overall health.

To learn more about this safe, all-natural powerful ingredient, visit www.mgcpqq.eu.

About Mitsubishi Gas Chemical Co., Inc.

Mitsubishi Gas Chemical Company, Inc. in Tokyo has been leading the way in the fields of basic chemicals and advanced materials in the world since 1951. As a pioneer in pyrroloquinoline quinone (PQQ) research, Mitsubishi has developed a safe, all-natural ingredient that supports cognitive function and mitochondrial biogenesis, branded as MGCPQQ in Europe and BioPQQ in North America and Japan. This powerful compound is produced through a proprietary fermentation process and carries multiple certifications and registrations demonstrating its safety, efficacy, and high-quality standards. For more information, visit www.mgcpqq.eu, www.biopqq.com or www.mgc.co.jp/eng/.

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