

# MITOBENE INCREASES THE PHYSICAL PERFORMANCE



## IN AN INTERVIEW-BASED STUDY, MITOBENE WAS SHOWN TO INCREASE PHYSICAL PERFORMANCE

Cerefort has developed a beverage called Mitobene, which is made from grains using a patented fermentation process and has a high D-lactate content. In addition to its high D-lactate content, Mitobene offers health-related benefits of fermented foods.

In an initial exploratory pilot study from early 2021, ingestion of Mitobene for 6 weeks showed a positive effect on mitochondria in blood samples, measured as the Bioenergetic Health Index. Based on this, another study was conducted in 2022.

Participants took 100 ml of Mitobene daily for a period of 1 month. Physical performance was assessed daily according to a school grading system from grade 1 (very good = 100%) to grade 5 (insufficient = 0%).

The subjects as a whole showed a continuous increase, which turned into a plateau after about 2 weeks. The average rating increased from 3.9 (27.5%) at the beginning to 2.0 (75%) at the end of the observation period. This corresponds to an improvement in subjective rating of 1.9 points or an increase of 47.5%.

Thus, this study demonstrated that Mitobene has a positive influence on physical performance.

### About Cerefort

Cerefort, based in the Swiss canton of Nidwalden, develops fermentatively produced beverages with health-promoting effects. The first product, Mitobene, improves mitochondrial activity due to its high content of D-lactate.

### Contact for more information:

Dr. Tim Friedrichson, [tim.friedrichson@cerefort.com](mailto:tim.friedrichson@cerefort.com)

Prof. Dr. Gunter Festel, [gunter.festel@cerefort.com](mailto:gunter.festel@cerefort.com)