Bioavailability – does it matter?

In two Phase 1 studies conducted under the guidance of the Mayo Clinic, senolytics were evaluated to determine if senolytics work in humans.

How to read clinical studies.

There is a lot of information in a clinical study that can easily overwhelm people looking for science-based information. Reading certain sections of a study can reveal the basics and once the basics are understood, then more of the details can be understood. One of those details is paying attention to the actual compounds used, the format they are in, the dose and the schedule. This is an important part of understanding the results of any clinical study.

This is the first open label study regarding the efficacy and safety of using senolytics in humans.

https://pubmed.ncbi.nlm.nih.gov/30616998/

Senolytics in idiopathic pulmonary fibrosis: Results from a first-in-human, open-label, pilot study

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The D+Q (Dasatinib + Quercetin) protocol has become famous and is often quoted as proof that these 2 compounds work together to clear out senescent cells. There is a second study using this protocol, also with excellent results.

In these studies 1,250mg of Quercetin provided by Thorne are used. Why Thorne? Because it's a liposomal version of Quercetin that has increased bio-availability.

Here is a study done by Thorne that shows the Quercetin version used by the Mayo Clinic has a much higher bioavailability than typical off the shelf Quercetin. It is a liposomal format but one would need to know something about liposomes to "get it" when reading those trials as they "disguised" that aspect.

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6418071/

Fundamentally it means IF this enhanced bioavailable version is not used, at the levels used in the trials i.e. 1,250mg, to achieve similar results would require 10 to 20 times more for the same effect. This indicates that 12,500 to 25,000 mg per day would be required to match the dose in these studies.

Companies selling 500mg caps and leading people to believe they only need 1 or 2 per day (or even 12 per day) for a senolytic effect have not thoroughly read and understood the in human results. Why would a supplement company ignore the results of well-run studies? Perhaps they just want to sell a $60 bottle every month and are OK leading people astray.

We've conducted several competitive cost comparisons and if one uses the clinically proven doses, we are less expensive than any other company and provide 2 of the top senolytic compounds for that price. No other company goes above and beyond like Combilytics does.

Combilytics enhances EternLFX with 4 bioavailability enhancers, a digestive, as well as doubling the amount of natural senolytics by including BOTH Quercetin and Fisetin. Additionally, 3 other compounds are included to mimic the function of Dasatinib and increase availability in the brain.