

Study Shows All-Natural Brain Health Ingredient BioPQQ® Can Also Work as a Mood Enhancer

Mitochondrial boosting ingredient goes beyond improved cognitive function, helping to alleviate issues of mental health

(New York, NY – July 28, 2020) – Americans have a lot on their minds today. Whether it's the general political climate, the global pandemic or the financial crisis that has resulted from the shutdown, 80 percent of US adults say the nation's future is a significant source of stress, according to a [recent study by the American Psychological Association](#).

With so many factors contributing to a person's mental health, maintaining a healthy balance is critical at all stages of life. Mental health issues can affect one's thinking, mood and behavior, causing varied levels of stress and anxiety, as well as depression.

Experts suggest people should maintain a positive environment and exercise regularly, eat a balanced diet and get proper sleep to control these emotions, however often these activities alone are not enough.

Research indicates that the body can also benefit from a supplemental boost to manage these mental health conditions. All-natural ingredient [BioPQQ](#) has been proven to stimulate mitochondrial biogenesis – ultimately recharging cells that are critical to brain and heart functioning and producing energy for the body – but it can also positively impact one's mood and overall well-being.

In one particular open-label study, BioPQQ has demonstrated positive effects on stress, fatigue and sleep. Test subjects who took 20 mg of BioPQQ daily for eight weeks saw significant improvements in vigor, fatigue, tension-anxiety, depression, anger-hostility and confusion.

Additionally, measures for quality of life, appetite, sleep, obsession and pain also improved considerably among both male and female subjects during this same period of time. The study revealed improvement in drowsiness at awakening, sleep onset and maintenance, and sleep duration as well for those taking BioPQQ.

“These unprecedented times have brought on a tremendous amount of fear and anxiety for a lot of people,” said Shoji Matsukawa, vice president of Mitsubishi Gas Chemical America, makers of BioPQQ. “To help cope with their stress, many consumers are turning to natural supplements that have a track record of being safe and can complement their health routine.”

BioPQQ is a natural source of pyrroloquinoline quinone (PQQ) and is manufactured in Japan through a proprietary fermentation process that has been fully characterized and widely tested in animals and humans to support its efficacy and safety. While other PQQ brands are available on the market, BioPQQ is the most researched and it is still the only compound of its kind to receive an NDI from the FDA.

Known under the brand name MGCPQQ® in Europe, it is registered on the European Union's list of Novel Food Ingredients. BioPQQ is also certified by the Informed-Choice and Informed-Sport quality assurance programs which guarantees that every batch has been tested for substances banned by WADA. This provides an additional level of assurance for consumers that BioPQQ is safe and well-tolerated.

To learn more about Mitsubishi's all-natural ingredient or where it is sold, visit www.biopqq.com.

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 BioPQQ in North America and Japan, and MGCPQQ in Europe. The powerful ingredient is a natural source of PQQ and made through a proprietary fermentation process. BioPQQ/MGCPQQ have multiple certifications and registrations attesting to its safety, efficacy and high-quality standards. For more information, visit www.biopqq.com, www.mgcpqq.eu or www.mgc-a.com.