Integration by parts formula for continuous semimartingales X and Y:

$$X_{t}Y_{t} = X_{0}Y_{0} + \int_{0}^{t} X_{s}dY_{s} + \int_{0}^{t} Y_{s}dX_{s} + [X, Y]_{t}$$

$$= X_{0}^{2} + 2\int_{0}^{t} X_{s}dX_{s} + [X]_{t}$$