

# Quercetin

**Quercetin** is an antioxidant bioflavonoid found throughout the plant kingdom in rinds and barks. Food sources include onions, red wine, green tea and St. John's wort. Our quercetin is derived from a non-citrus, hypoallergenic plant source, the Japanese Pagoda tree (*Sophora japonica L.*). **Quercetin 300** provides high-potency quercetin, with additional stabilizing antioxidants to prevent auto-oxidization (spontaneous degradation). We use synthetic vitamin E in the formula, so it does not contain soy or other common allergens.

**Quercetin Bioflavonoids** provides the same high-quality quercetin, with the addition of other bioflavonoids, which are obtained from lemon. Quercetin Bioflavonoids is also free of all common allergens.

## Key Features

- Can help stabilize cell membranes, and support the integrity of mast cells\*
- Provide nutritional support for the vascular system\*
- Have gastro-protective and cardio-protective properties\*
- Support normal function of the immune system\*



#70060  
60 vegetarian capsules



#70050  
100 vegetarian capsules



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Quercetin and other bioflavonoids can enhance the body's ability to control the release of histamine and other important signaling pathway metabolites, such as prostaglandins and leukotrienes.\* They can support the integrity of mast cells, possibly due in part to their ability to stabilize cell membranes, making them less reactive to allergens.\* Overall, quercetin and other bioflavonoids appear to support the health of the vascular system, by enhancing the strength and permeability of the capillaries, supporting coronary vasorelaxation, and helping to protect cholesterol and tissues in the body from oxidative damage.\*

Specifically, quercetin has been observed to inhibit aldose reductase, and possibly tyrosine kinase and nitric oxide synthase; to inhibit the degranulation of mast cells, basophils and neutrophils; and to modulate the activity of NF-kappaB.\*

Animal studies have demonstrated quercetin can promote healthy gastric mucus production, potentially providing gastro-protective effects.\* The gastro-protective, as well as the potential cardio-protective effects of quercetin, may also be due to its ability to inhibit lipid peroxidation.\*

Some preliminary research suggests that quercetin may potentially support the normal functioning of a healthy immune system.\* Results of recent open-label studies suggest that quercetin may also be helpful for healthy prostate function.\*

#### References:

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## Quercetin 300

#70060 • 60 vegetarian capsules

### Supplement Facts

Serving Size 2 Capsules  
 Servings Per Container 30

Amount Per Serving	% Daily Value*	
Vitamin C (as Ascorbic Acid)	150 mg	167%
Vitamin E (as 140 IU DL-alpha-Tocopheryl Acetate)	93.8 mg NE	625%
Quercetin Dihydrate	600 mg	†

† Daily Value not established.

\* Percent Daily Value are based on a 2,000 calorie diet

Other ingredients: Hydroxypropyl methylcellulose, microcrystalline cellulose, silicon dioxide, L-leucine.

**Suggested Use:** As a dietary supplement, 1 or 2 capsules one to three times daily with meals, or as directed by a healthcare practitioner.

## Quercetin Bioflavonoids

#70050 • 100 vegetarian capsules

### Supplement Facts

Serving Size 2 Capsules  
 Servings Per Container 50

Amount Per Serving	% Daily Value	
Lemon Bioflavonoid Complex	800 mg	†
Quercetin Dihydrate	100 mg	†
Citrus (Fruit) Extract (containing 92% Hesperidin)	100 mg	†
Rutin	100 mg	†

† Daily Value not established.

Other ingredients: Hydroxypropyl methylcellulose, microcrystalline cellulose, L-leucine.

**Suggested Use:** As a dietary supplement, 1 or 2 capsules one to three times daily with meals, or as directed by a healthcare practitioner.