

BENEFITS OF QUERCETIN SUPPLEMENTATION*



quer-ce-tin (noun)

A plant flavonoid that can be found in several types of vegetables and fruits, and which plays an important role in promoting normal cell cycle activity and supporting immune health.

FOODS CONTAINING QUERCETIN:

Broccoli, leafy greens like kale, asparagus, onions, apples, lemon, oranges, capers, red wine and tea.^{4,5}

KEY BENEFITS:*

- **Supports a healthy immune system**
Contains flavonoids that encourage mast cell activity.
- **Free radical scavenger**
Provides immune-supporting antioxidants that help to promote healthy cell activity by assisting cells in combatting oxidative stress.
- **Helps maintain cellular health and function**
Supplementation of quercetin plays a hand in nurturing a healthy diet and helping to maintain cellular health.¹

DID YOU KNOW?

The average daily intake of quercetin absorbed by the body is estimated to fall between 10mg–100mg; this is thought to fall below what is needed to support health, with ever-increasing oxidative stress prevalent in our everyday lives. The immune-supporting antioxidant properties of quercetin play a significant role in promoting healthy cell function by assisting our cells in combatting oxidative stress; this demonstrates that supplementation can be used to support your intake of quercetin.^{2,3,9}

One unique factor of quercetin's function in the body is its action as a zinc ionophore. This means quercetin assists the use of zinc, or its transport across a lipid membrane, in the body for healthy aging as well as support of a healthy immune system. Zinc is also recognized for its immune-supporting properties.^{8,9}

Quercetin supports healthy mitochondrial activity: Quercetin and glutathione can help support the delivery of nutrients to the mitochondria in our cells to maintain healthy mitochondrial function and ultimately promote cell longevity by allowing cells to hold onto oxygen longer.^{6,7} Together these ingredients help promote healthy mitochondrial activity that can impact our cells' response to glucose and our cognitive and neurologic health.

Quercetin provides stamina for maintaining endurance during physical activity: Mitochondria, often referred to as the cells' "powerhouses" or "engines," deliver energy (ATP) to every cell within the body, except for red blood cells. All cells require ATP to function properly (i.e., it provides us with the stamina needed to maintain endurance during physical activity).^{6,7}

*These statements have not been evaluated by the Food and Drug Administration. This products(s) is not intended to diagnose, treat, cure or prevent any disease.

Sources

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