

Quercetin 500mg

High Potency Flavonoid

Presentation

A yellow speckled oval tablet.

Each tablet delivers:

Quercetin 500mg

Tableted with:

Calcium Carbonate, Cellulose, Tablet Coating (Hydroxypropyl Methylcellulose, Glycerin), Stearic Acid, Silicon Dioxide, Crosslinked Cellulose Gum, Magnesium Stearate.

Disintegration time: Less than 1 hour.

Suitable for vegetarians  **and vegans** 

quantity
60

type
tablets

code
8523



Uses

Quercetin is one of the most active flavonoids, with many medicinal plants owing much of their activity to their high quercetin content. It has been shown in experimental studies to have numerous effects on the body including the inhibition of both the production and release of histamine. Quercetin stabilises mast cells that release histamine, the principal mediator of reactions to pollen and other allergies, making it a natural antihistamine.

Quercetin is probably most well-known for its antioxidant action. Flavonoids like quercetin neutralise tiny particles called free-radicals; these particles cause damage to cells, proteins, and DNA, and are linked to aging and a range of diseases. More recent studies also demonstrate its potential for contributing to cardiovascular health.

Quercetin is found in many fruits and vegetables, with apples and onions contributing most to the typical UK diet. Each 500mg tablet provides significantly more quercetin than 1 kilo of apples.

- Potent antioxidant
- May help maintain cardiovascular health
- Influence on the production and release of histamine.

Usage and administration

1 tablet daily.

Allergen advice

None (see page 194).

Cautions

This product is not recommended for pregnant or lactating women.

Storage instructions

To be stored in a cool, dry place and protected from light.

Legal category

Food supplement.

