

# Quercetin

## What is Quercetin?

Quercetin is a bioflavonoid that gives fruits and vegetables we consume every day their reddish hue, such as red onions and apples. The established benefits of quercetin date back to the 19<sup>th</sup> century when it was first extracted from oak tree bark. People have reaped the welfare of quercetin for generations in the guise of home remedies included onion in everything from tea to smoothies. It is categorized as an antioxidant which aids in the reduction of oxidative damage, but quercetin has demonstrated anti-inflammatory, cardiovascular, and immune related benefits in more recent studies.

## Natural Sources of Quercetin:

Natural Source	Quercetin Content (Mg/100 g)
Capers	180.7
Rocket	66.1
Dill	55.1
Coriander	52.9
Fennel	48.8
Juniper Berries	46.6
Elderberries	26.7
Corn Poppy	26.3
Bee Pollen	20.9
Okra	20.9
Red Onion, raw	19.94
Onion, boiled	19.37
Cranberry Juice	16.42
Cranberry	14.01
Kale	7.72

## Quercetin Benefits Found in:

- Type 2 diabetes
- Improved mitochondrial function
- Antioxidant protection
- Anti-inflammatory
- Rheumatoid arthritis
- Allergies

- Anti-viral
- Blood clot risk reduction
- Cataract prevention
- Potential anti-cancer
  - Animal studies have shown a potential inhibition in cancer cell growth in breast, prostate, lung and colon cancer.
- Alzheimer's risk reduction
- Parkinson's risk reduction
- Memory
- Cholesterol
- Blood pressure
- Interstitial cystitis

## How to Enhance Quercetin Absorption:

Quercetin is absorbed by the small intestine, but as the pure form itself has naturally low bioavailability. Here are ways to help the body absorb this great natural medicine:

- Healthy fats, like olive oil or nuts, improve absorption of quercetin.
- Vitamin C improves absorption and stabilizes quercetin activity.
- Bromelain, an enzyme from pineapples, improves quercetin bioavailability.
- Florajen and FOS increases the "good" bacteria in the gut which can help to convert quercetin into more absorbable forms.

## OTC Forms:

- Quercetin 500mg with Bromelain, as Capsules or Tablets
  - For allergies and inflammation.
- Quercetin 500 mg + Zinc 50 mg + Vitamin C 500 mg, as capsules or chewable tablets
  - For viral treatment and immune support.

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- Liposomal Quercetin 500 mg, as a liquid or soft gels
  - For heart health and optimal absorption.

## How often Should I take Quercetin?

Benefits of Quercetin can usually be seen at a dose of 500-1000 mg daily when taken between 2-12 weeks, depending on the indication. For more acute purposes like treating a viral infection, studies have shown benefit within a minimum of 2 weeks. For more chronic conditions, like chronic arthritis, studies have shown benefits within 8-12 weeks.

## Potential Side Effects:

Headache and upset stomach are the most common side effects of quercetin. Very high doses may risk damage to the kidneys, take periodic breaks from taking quercetin. Increased bleed risk may occur when taken with anticoagulants such as Warfarin, Clopidogrel, or Aspirin. Quercetin benefits have not been studied in children. Pregnant women, breastfeeding women, and people with kidney disease should consult a doctor before deciding on the addition of Quercetin to their supplemental regimen.

## Resources:

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