

Quercetin 500

Antioxidant and Immune Support*

Quercetin 500 Supplementation

Quercetin is a bioflavonoid known for its powerful antioxidant properties.* Like all bioflavonoids, quercetin scavenges free radicals to support healthy oxidative stress and promote healthy immune responses.*¹

Quercetin 500 supports a wide range of biological actions by promoting healthy cellular inflammatory markers.*² Supplementation may also include these additional benefits:

- Support for cardiovascular and cardiometabolic health*
- Promotes cellular health and healthy aging*
- Support for respiratory health*
- Promotes healthy immune responses*
- Support for brain and cognitive function*
- Supports exercise performance*



How Quercetin 500 Works

Bioflavonoids such as quercetin promote healthy oxidative stress by acting as vasodilators.*^{3,4} Quercetin has also been shown to enhance the strength and integrity of capillaries which promote healthy endothelial function.*⁵

The antioxidant properties of quercetin support healthy immune function by promoting healthy inflammatory markers, especially healthy mast cell function.*^{6,7} Research reveals that quercetin has a direct effect on innate immune cells by acting on healthy immune markers.*⁸

Quercetin is widely used to support a healthy respiratory tract and healthy nasal and sinus cavities through its antioxidant mechanisms of action.*⁹ Research has shown that its promotion of healthy inflammatory markers may also promote certain beneficial enzymes and chemicals that help ease seasonal transitions.*¹⁰

Quercetin also helps support healthy aging at a cellular level by promoting proper mitochondrial function.*¹¹ Research has revealed that quercetin may have positive effects on cellular senescence by reducing the markers of cellular aging through its antioxidant activity.*¹²

How Quercetin 500 Works Continued

The antioxidant properties of quercetin may also promote healthy brain and cognitive function by stimulating certain neurological and nervous system cellular networks.♦^{13,14}

Quercetin has also been shown to support athletic performance and endurance capacity due to its antioxidant properties and ability to promote healthy inflammatory markers.♦^{15,16}

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 60

	Amount Per Serving	%DV
Quercetin (as quercetin dihydrate)	500 mg	*

Other Ingredients: Hypromellose, microcrystalline cellulose, vegetable magnesium stearate, silica.

Directions: Take one capsule one to two times daily or as directed by your healthcare practitioner.

Caution: If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.

References:

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♦ These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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