Quercetin

ANTIOXIDANT SUPPORT FOR A HEALTHY HISTAMINE RESPONSE

**Table: Quercetin Supplement Facts**

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<th>Amount Per Serving</th>
<th>% Daily Value</th>
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<td>Quercetin (as quercetin dihydrate)</td>
<td>300 mg</td>
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*Daily Value not established.

**Other Ingredients:** Hypromellose (capsule), microcrystalline cellulose, vegetable stearate, silicon dioxide.

**Suggested Use:** 1 CAPSULE ONE TO THREE TIMES PER DAY WITH MEALS OR AS DIRECTED BY YOUR HEALTHCARE PROFESSIONAL.

**Warning:** If taking medication, pregnant or nursing consult a physician before using.

**Quercetin** is a bright yellow bioflavonoid, an antioxidant plant pigment that has been clinically shown to provide anti-inflammatory and histamine dampening benefits. Quercetin is specifically classified as a flavonol. It is found naturally in foods such as tea, apples, onions, citrus, sage, red grapes and many other plants. The biological activity and benefits of numerous medicinal plants have been associated with their having a high quercetin content. The quercetin in our high potency, 300 mg product is derived from the flowers of *Sophora Japonica* (Japanese Pagoda tree), recognized for centuries as one of the fifty most important, fundamental herbs in traditional Chinese medicine where it is used to treat excessive bleeding, dispel heat and alleviate itching.

Quercetin is widely recognized as one of the most pharmacologically active known flavonoids, considered by many to be one of nature's most active biological response modifiers. As an antioxidant, quercetin may help to protect cellular structures and to protect cholesterol and blood vessel linings from free radical damage. It has been shown to inhibit platelet aggregation and LDL cholesterol oxidation, to promote healthy coronary circulation and to improve capillary strength. Quercetin also is recognized as an effective vasodilator and may help to support healthy blood pressure and healthy lung function, as well as metabolic, prostate and urinary health.

Quercetin supplements are frequently used to provide anti-histamine, anti-inflammatory and anti-allergy benefits. In vitro, quercetin has been shown to help stabilize mast cells, a type of immune cell that is involved in the inflammation response. Mast cells play an important role in allergic reactions by secreting compounds such as histamine, leukotrienes, prostaglandin D2, proteolytic enzymes and a wide range of cytokines. Quercetin has been suggested to help inhibit the synthesis of enzymes that regulate histamine release and degranulation. For this reason, quercetin may be useful in helping to provide relief from allergies. Research published in 2012 found that quercetin significantly reduced symptoms...

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of contact dermatitis and photosensitivity in humans. This study also showed that quercetin was more effective than the “mast cell stabilizer” cromolyn in blocking the release of pro-inflammatory cytokines from mast cells in vitro.

In addition to common allergic responses, mast cell activation has been associated with gastrointestinal symptoms such as increased intestinal permeability and increased visceral hypersensitivity in GI disorders of an inflammatory nature. Quercetin has been shown in animal research to enhance gut barrier function in both the large and small intestine, and to offer a protective effect on cytokine-induced barrier damage in vitro. Quercetin also has been suggested to help modulate the growth and genetic expression of human gut flora including *Bifidobacterium* and *Lactobacillus* species. Disturbances and imbalances in the gut microbiome are a hallmark of many digestive problems, and are also common in disorders of blood sugar dysregulation, obesity and liver health.

In general, quercetin may help support a healthy inflammatory response by helping to quench free radicals, stabilize mast cells and inhibit the production of compounds which promote inflammation either locally or throughout the body, notably histamines, prostaglandins and leukotrienes.

REFERENCES


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