QUERCETIN

Quercetin is a plant pigment with antioxidant and anti-inflammatory properties. Quercetin blocks lipoxigenase. Quercetin has long history of helping respiratory problems, well used during the Covid era. As an antioxidant it scavenges free radicals, reduces tissue damage from oxidative stress. Helps reduce swelling, lower blood pressure, and support heart health. Quercetin reduces inflammation by inhibiting the release of inflammatory substances such as histamine and cytokines. Quercetin also inhibits aldose reductase, an enzyme that plays a role in the breakdown of glucose.

Suggested uses:

- **asthma, allergies**
- **prevent diabetes**
- **viral infections**
- **cardiovascular disease eg. Hardening of the arteries (atherosclerosis), high blood pressure, high cholesterol**
- **prostate inflammation**
- **cystitis**
- **cancer**

Best foods for quercetin:

- **vegetables like onions, peppers, and broccoli, russet potato**
- **fruits like apples, grapes, dark berries, cherries, citrus, and capers**
- **beverages like green tea, coffee, and red wine**
- **certain grains**

If taking quercetin by supplements, high doses (greater than 1g per day) may cause kidney damage. Avoid taking if you have kidney disease, during pregnancy and nursing. Side effects are skin sensations, headache, nausea, vomiting, short of breath, kidney toxicity. Adult dose would be 400-500 mg three times a day.