

Quercetin For Your Health

What's the Final Answer?

by Margy Squires

Quercetin (kwur-sa-tin) or Q is part of the bioflavonoid family, found in colorful plants, fruits and veggies. Although previous research shows its effectiveness for allergies, the full picture of Q's benefits remained unclear. Emerging research demonstrates this antioxidant juggles benefits between your inflammatory response, immune function, the integrity of blood vessels, tissue and multiple organs, plus helps build bones and cushion your joints. **What team do you need Q to be on for you?**



1 Quercetin powers up immunity by:

- a) sparing vitamin C
- b) increasing superoxide dismutase (SOD)
- c) quenching free radicals
- d) all of the above



2 Quercetin has anti-inflammatory, anti-platelet aggregation, anti-tumor, anti-oxidant, anti-allergic behavior.

- a) true
- b) false

3 A typical dose of quercetin is:

- a) 50 mg
- b) 100 mg
- c) 250 mg
- d) 400 mg

4 Quercetin may lower cardiovascular risk by: reducing platelet stickiness and inflammation, strengthening blood vessels, decreasing "bad" cholesterol and protecting against free radical damage.

- a) true
- b) false

5 Quercetin helps with allergies by:

- a) reducing inflammation
- b) blocking histamine release
- c) protecting cells, vessels & tissues for breathing
- d) all of the above



6 Besides allergies, Quercetin may help:

- a) arthritis, cancer & interstitial cystitis
- b) asthma & lung conditions
- c) osteo & rheumatoid arthritis, joint tissues
- d) all of the above

7 Quercetin helps improve blood vessel function to support healthy blood pressure.

- a) true
- b) false

8 Quercetin boosts the ability of:

- a) curcumin for inflammatory response
- b) vitamin C for immune function
- c) glucosamine for osteoarthritis
- d) all of the above



9 Quercetin helps arthritis by inhibiting the enzymes that destroy synovial (cushioning) fluid and joint function.

- a) true
- b) false

10 Quercetin reduces risk markers in liver and heart and "can be a potential" agent against the health risks of metabolic syndrome.

- a) true
- b) false

How did you score? Knowledge maximizes your health score. So be aware and be well!

Answer Key: 1. **d**; protection, protection, protection! 2. **a**; monograph; *Alt Med Rev* 6/11. 3. **d**; therapeutic is up to 1200 mg/day in divided doses. 4. **a**; both by reducing inflammation and as antioxidant. 5. **d**; without drowsiness. 6. **d**; Knekt et al, 9/02. 7. **a**; Galindo et al 6/11. 8. **d**; making it a great add-on agent. 9. **a**; even COX-2 inhibited; Matsuno et al 2/09. 10. **a**; Panchal et al 3/11.

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