DESCRIPTION:
Quercetin occurs naturally in a wide range of foods and is one of the most abundant flavonoids. Highest concentrations are found in red onions, broccoli and red wine grapes. Quercetin is also a component in the medicinal herbs Ginkgo biloba, Hypericum and Sambucus Canadensis among others. Although absorption from food is not high, repeated consumption and supplementation will cause quercetin accumulation in the blood, thereby enhancing its effect. The most readily utilized form is quercetin dehydrate, followed by quercetin chalcone. Other “quercetins” include rosehip, rutin and hesperidin are far less effective.

MECHANISM:

INDICATIONS:
• Allergies
• Cancer
• Cardiovascular disease
• Diabetic complications
• Fibromyalgia
• Gastritis
• Gout
• Inflammation
• Ulcers

POSSIBLE SIDE EFFECTS:
No adverse side effects have been documented
POSSIBLE INTERACTIONS:
Flavonoids are known to have blood thinning and blood vessel dilation effects. Individuals with symptoms of hypotension, problems with blood clotting, or those taking prescription blood thinners should avoid any flavonoids including quercetin.

PRECAUTIONS:
Acceptable in pregnancy? Research data unavailable
Suitable when nursing? Research data unavailable
Suitable for children? Adjust dose per body weight
Suitable for diabetics? Yes
Suitable for vegetarians? Yes
Take with food? Not necessary

REFERENCES: