

### Quercetin – What Everybody Needs to Know

#### QUOTE BOARD

“Quercetin (Que) and its derivatives are naturally occurring phytochemicals with promising bioactive effects. The antidiabetic, anti-inflammatory, antioxidant, antimicrobial, anti-Alzheimer’s, antiarthritic, cardiovascular, and wound-healing effects of Quercetin have been extensively investigated, as well as its anticancer activity against different cancer cell lines has been recently reported.”

“The anti-inflammatory and antioxidant effects of Quercetin are essential for its activity as oxidative, kinase, and cell cycle inhibitors, as well as for neuronal survival. Que apoptosis inducing effects are the key for its anticancer potential.”

“Quercetin, a flavonoid found in fruits and vegetables, has unique biological properties that may improve mental/physical performance and reduce infection risk.”

“Evidence from patients with the severe form of COVID-19 shows high cellular degeneration besides severe inflammation, and these results clearly illustrate why quercetin can be a potential treatment for COVID-19.”

#### WHAT YOU NEED TO KNOW

Quercetin is an essential nutrient for humans and this bioflavonoid is required for health, immunity, prevention, and recovery.

“Quercetin has a wide range of health, biological, antioxidant, anti-inflammatory, immune system regulation, and cardioprotective and neuroprotective effects. The neuroprotective effects of quercetin are mainly due to its antioxidant capacity and free radical scavenging ability.”

#### WHAT YOU NEED TO DO

The best sources of quercetin are dark colored fruits and vegetables. If you are not getting adequate servings of these fruits and vegetables, or if you are just wanting to optimize your immune function, anti-inflammatory status, antioxidant status, and slow the aging process, supplementation with Quercetin is worth considering.

Quercetin, via its anti-inflammatory and immune function effects, is also an evidence-based supplement for reducing severity of viral respiratory illnesses such as influenza and COVID-19.

For an evidence-based, effective approach to optimizing immune function and viral defense, as well as improving inflammation and antioxidant status for health, wellness, prevention, and recovery visit [www.eatwellmovewellthinkwell.com](http://www.eatwellmovewellthinkwell.com) for information on Innate Choice® Vita-Immune Sufficiency™ which, in addition to being a multivitamin, contains both Quercetin and NAC [N-acetylcysteine].

Li et al. Quercetin, Inflammation, and Immunity. *Nutrients* 2016, 8, 167.

Salehi, B. et al. Therapeutic Potential of Quercetin: New Insights and Perspectives for Human Health. *ACS Omega* 2020, 5:11849-11872.

Saeed-Boroujeni & Mahmoudian-Sani. Anti-inflammatory potential of Quercetin in COVID-19 treatment. *Journal of Inflammation* 2021, 18:3.