

# Quercetin-Ascorbate

*Potent antioxidative powder to support a healthy inflammatory response\**

Quercetin-Ascorbate powder is a powerful flavonoid and antioxidant blend that provides 500 mg of vitamin C (as ascorbic acid) and 500 mg of quercetin in each 1 g serving. Vitamin C works together with bioflavonoids such as quercetin to help support a healthy inflammatory process by supporting the body's natural response to seasonal upper respiratory challenges.\* Quercetin is one of several flavonoids that have regulatory effects on mast cells and basophils, two primary white blood cells involved in allergic and inflammatory responses.\*

## Quercetin

Quercetin, also known as the “king of the flavonoids,” is considered to be among the top plant-based polyphenolic compounds, which are molecules from foods that help fight against the damaging free radicals in the body, and have been shown to possess many health benefits, due to their powerful antioxidant properties and abilities to support a healthy inflammatory response. Quercetin can be found in many foods that are recognized for their health benefits, such as red onions, apples, olive oil, dark berries, dark chocolate, grapes, capers, broccoli, salad greens, and culinary herbs such as dill, cilantro, watercress, and radicchio. (This phytochemical contributes to the richly-colored pigments in these foods.) A potent antioxidant, quercetin also works to balance a healthy inflammation response and helps regulate histamine. (Histamine is the compound responsible for some of the unpleasant symptoms associated with occasional and seasonal upper respiratory challenges.\*)

## Vitamin C

Vitamin C, also known as ascorbic acid, is a water-soluble vitamin naturally present in some foods and used by many as a dietary supplement. Vitamin C is an essential vitamin, which means it cannot be made in the body and must be obtained from food or through supplements. Dietary sources of vitamin C include kiwifruit, citrus fruits, red bell pepper, strawberries, goji berries, broccoli, Brussels sprouts, and various other plant-based foods and herbs. Vitamin C is a wonder nutrient, and is essential for immunity, bone maintenance, collagen formation (collagen is an essential component of connective tissue), and a broad range of other biological functions.\* Vitamin C's antioxidant function is a hallmark of this nutrient, as it is a potent neutralizer of free radicals and helps to recycle other powerful antioxidants such as vitamin E, which is abundantly found in nuts and seeds. Vitamin C and quercetin work together to help the body's natural process of combatting free radicals that are produced daily from exposure to such things as environmental toxins, allergens, UV-radiation, stressors, and undesirable bacteria and viruses.

**Recommended Use:** Take 1 gram (approx. one quarter teaspoon) per day with a meal, or as directed by your health care practitioner.

### Quercetin-Ascorbate may help support:\*

- A healthy immune system
- A healthy inflammatory response
- The body's natural response to seasonal upper respiratory challenges
- Wound healing



Consult with your healthcare practitioner about your specific circumstances and any questions you may have.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (860) 623-6314, OR VISIT US ON THE WEB AT [WWW.DESIGNSFORHEALTH.COM](http://WWW.DESIGNSFORHEALTH.COM).