

Please Take One!



SUPPLEMENT OF THE MONTH: Quercetin

What is Quercetin?

Quercetin is a flavonoid found in fruits, vegetables, grains, and leaves. It has antioxidant, anti-inflammatory, anticarcinogenic and cardioprotective effects.

Where is it found?

It is found in red wine, red grapes, black and green tea, onions (especially red onion), kale, tomatoes, broccoli, green beans, asparagus, apples, berries, capers, and citrus fruit.

What are the benefits?

Quercetin has been shown to be effective for reducing pain and improving the quality of life of patients with prostatitis. It is also used to treat coronary heart disease, high cholesterol, and hypertension and to reduce the risk of lung, ovarian and pancreatic cancers. It is taken after kidney transplants to improve kidney function. Further, quercetin is used to increase exercise endurance and improve performance.

Are there interactions with food, herbs or other supplements?

None known. Quercetin is found in some other herbs, such as St John's wort, Ginkgo biloba, and American elder.

Are there side effects?

Quercetin may cause headaches and tingling of the extremities. If taken intravenously, there may be sweating, nausea, and vomiting.