



# Quercetin 500

Promotes a healthy immune response and cardiovascular function

**Quercetin 500** features 500 mg of quercetin per capsule to promote a healthy immune response, support cardiovascular and endothelial health, and support antioxidant status.

## Why Quercetin 500?

- Quercetin is one of the most studied dietary flavonoids and is often found in a variety of plant foods including fruits, vegetables, and tea. Although a lot of foods contain quercetin, the daily intake of quercetin for a person following a typical Western diet is estimated to be between 0 and 30 mg per day. However, research shows that the immune and cardiovascular benefits of quercetin are reached at supplemental intakes of 500 mg to 1,000 mg per day.
- Quercetin plays multiple roles in supporting cardiovascular health. It helps maintain healthy blood pressure levels already in the normal range and helps promote the expression and activity of paraoxonase (PON), a HDL-associated protein with antioxidant properties. Quercetin also encourages healthy endothelial function.
- Quercetin supports a healthy immune response. Preclinical studies demonstrate that quercetin affects immunity by acting on leukocytes and other immune cells.
- Free radical scavenging antioxidants like quercetin protect cells from harmful free radicals and inhibit oxidative stress.

**Form:** 60 Capsules  
**Serving Size:** 1 Capsule

Ingredient	Amount Per Serving
Quercetin	500 mg

**Other Ingredients:** Capsule (hydroxypropylmethylcellulose), microcrystalline cellulose, magnesium stearate (vegetable), and silica.

**Directions:** Take one capsule one to two times daily or as directed by your healthcare practitioner.

**This product is non-GMO, gluten-free, and vegetarian.**

**CAUTION:** If pregnant, nursing, or taking medications, consult your healthcare practitioner before use. Keep out of the reach of children

Certain persons, considered experts, may disagree with one or more of the foregoing statements, but the same are deemed, nevertheless, to be based on sound and reliable authority. No such statements shall be construed as a claim or representation as to Metagenics products, that they are offered for the diagnosis, cure, mitigation, treatment or prevention of any disease.