



Quercetin

Nature's Harmony® Quercetin is a natural antihistamine and potent antioxidant that may help reduce the impact of allergic conditions such as asthma, hay fever, eczema and hives.

PRODUCT CODE: 400595

HEALTH SOLUTIONS:

RECOMMENDED USE	DOSAGE FORM	RECOMMENDATIONS
Useful in the prevention of histamine release in allergy sufferers. Indicated in any inflammatory condition.	Capsule	Take 2 capsules per day or as directed by a health care practitioner.

DESCRIPTION:

Quercetin belongs to a class of water-soluble substances called flavonoids, which give fruits, vegetables and herbs their vibrant colour. Although these compounds do not seem to be essential to life, we may need flavonoids to achieve optimal health. Nature's Harmony® Quercetin provides 500 mg of this important nutrient.

Recommended Daily Allowance: N/A

Food Sources: Apples, grapes and red wine, onions, berries and cherries, green and black tea.

Causes of Deficiency: Poor diet.

Symptoms of Deficiency: Free radical damage, heart disease.

Complementary Nutrients: Vitamin C, bromelain and grape seed extract.

HOW IT WORKS:

Quercetin inhibits both the manufacture and release of histamine and other allergic mediators, possibly by stabilizing cell membranes so that they are less reactive to allergens.

Quercetin also exhibits anti-inflammatory properties, inhibiting formation of inflammatory prostaglandins and leukotrienes.



DID YOU KNOW...

Since quercetin is found in high amounts in apples, it is believed to be the origin of people saying, "An apple a day keeps the doctor away."

Quercetin

RESEARCH:

Research shows that quercetin prevents certain immune cells from releasing histamine, the chemical that triggers an allergic reaction in the body. Histamine causes the itching, sneezing and swelling associated with allergies. Quercetin may also block other substances involved with allergies and inflammation, but these are not yet well defined.

Preliminary research has found evidence that quercetin may be useful for prostatitis—inflammation or infection of the prostate gland. This condition causes chronic pain and difficulty with urination.

Studies also suggest that quercetin may help reduce cataracts, which are caused by free radical damage.

SIDE EFFECTS:

Quercetin appears to be safe and well tolerated. In some cases, headaches were reported as a mild side effect.

INTERACTIONS AND SAFETY CONSIDERATIONS:

Pregnant and breastfeeding women or individuals taking prescription medications should consult their health care practitioner before use.

LABEL:

Natures Harmony®

Quercétine
500 mg

Soulagement naturel des allergies

60 capsules

Usage recommandé : Utile pour prévenir la libération d'histamine chez les personnes souffrant d'allergies. Indiqué pour tout problème inflammatoire.

Dose recommandée (adultes) : Prendre 2 capsules par jour.

Ingrédients médicinaux :
Chaque capsule contient :
Quercétine (*Sophora japonica*) bourgeons de fleur.....500 mg

Ingrédients non médicinaux : dioxyde de silicium, stéarate de magnésium, gélatine.

Information sur les risques : Les femmes enceintes ou qui allaitent doivent consulter un praticien de soins de santé avant de prendre ce produit.

Ce produit ne contient ni maïs, ingrédients laitiers, œuf, gluten, crustacés, soya, sulfites, blé, ni colorants, arômes ou agents de conservation artificiels.

RANGER DANS UN ENDROIT FRAIS ET SEC. TENIR HORS DE LA PORTÉE DES ENFANTS.

Natures Harmony®

Quercetin
500 mg

Natural Allergy Relief

60 Capsules

Recommended Use: Useful in the prevention of histamine release in allergy sufferers. Indicated in any inflammatory condition.

Recommended Dose (Adults): Take 2 capsules per day.

Medicinal Ingredients:
Each capsule contains:
Quercetin (*Sophora japonica*) flower buds.....500 mg

Non-medicinal Ingredients: Silicon dioxide, magnesium stearate, gelatin.

Risk Information: Consult a health care practitioner before use if you are pregnant or breastfeeding.

This product does not contain corn, dairy, egg, gluten, shellfish, soy, sulfites, wheat, or artificial colours, flavours, or preservatives.

STORE IN A COOL DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

Actual Size
Grandeur réelle

**DO NOT USE IF SEAL UNDER CAP IS BROKEN.
NE PAS UTILISER SI L'OPERCULE INTÉRIEUR EST BRISÉ.**

www.naturesharmony.com
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A Proud Canadian Company
Une compagnie canadienne fière de l'être.

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