

Quercetin is among the most active of the flavonoids. Among other benefits, it: 1) demonstrates potent antioxidant activity;¹ 2) supports appropriate response to environmental stimuli;² 3) supports cardiovascular health;³ and 4) demonstrates synergistic action with resveratrol.⁴

¹ **Antioxidant effects of quercetin and coenzyme Q10 in mini organ cultures of human nasal mucosa cells.** Reiter M, Rupp K, Baumeister P, et al. *Anticancer Res.* 2009 Jan;29(1):33-9. <http://www.ncbi.nlm.nih.gov/pubmed/19331131> Free full text: <http://ar.iiarjournals.org/content/29/1/33.long>

² **Role of quercetin (a natural herbal compound) in allergy and inflammation.** Shaik YB, Castellani ML, Perrella A, et al. *J Biol Regul Homeost Agents.* 2006 Jul-Dec;20(3-4):47-52. <http://www.ncbi.nlm.nih.gov/pubmed/18187018>

³ **Endothelium-dependent vasorelaxing activity of wine and other grape products.** Fitzpatrick DF, Hirschfield SL, Coffey RG. *Am J Physiol.* 1993 Aug;265(2 Pt 2):H774-8. <http://www.ncbi.nlm.nih.gov/pubmed/8396352>

⁴ **Resveratrol: a review of preclinical studies for human cancer prevention.** Athar M, Back JH, Tang X, et al. *Toxicol Appl Pharmacol.* 2007 Nov 1;224(3):274-83. <http://www.ncbi.nlm.nih.gov/pubmed/17306316>; Free full text: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2083123/?tool=pubmed>