

## FAST FACTS

# Quercetin

## Flavonoid

### What

Quercetin is a powerful flavonoid found in a variety of fruits, vegetables, and plants, such as apples, berries, onions, and tea. It has strong antioxidant, anti-inflammatory, and immune-boosting properties, supports longevity, and protects against various diseases.

### How it works

Quercetin promotes autophagy, the process of breaking down of faulty and undesirable cells, and cellular components. It is particularly known as a senolytic, breaking down senescent, aged, zombie-like cells. These actions, alongside its ability to activate sirtuins (regulatory proteins associated with longevity) make quercetin a leading candidate for promoting healthspan.

Quercetin also supports cardiovascular health, boosts immune function, and may help reduce symptoms of allergies (including hay fever) and support recovery from viral infections (including COVID).

For those interested in health optimisation and longevity, quercetin offers a promising tool for cellular protection and overall well-being.

### Food sources

Capers, red onion, shallot, red apple, grapes, berries, cherries, spring onion, kale, tomatoes (especially organically grown), broccoli, cabbage, citrus fruits, capsicum, almond, pistachio, asparagus, buckwheat, black, green and elderberry tea.

### Testing

If you're concerned about inflammation or oxidative stress, functional tests assessing oxidative markers may provide insight into whether quercetin supplementation could benefit you.



### Pros

- Regular consumption of quercetin-rich foods or supplements can contribute to long-term health benefits, particularly in reducing inflammation and oxidative damage, which are key factors in ageing.

### Considerations

- Quality matters, as quercetin in supplement form isn't very bioavailable (< 10%), but can be delivered as a phytosome, or liposome, thereby increasing absorption significantly (~10x).
- Combining quercetin with other compounds like bromelain or vitamin C can enhance its benefits.
- Consult a healthcare provider before beginning supplementation