

An Important Antioxidant and Boost for your Immune System

BACKGROUND: QUERCETIN AS A FOUNDATIONAL FLAVONOID

Quercetin, a flavonol present in various vegetables and herbal medicines, has numerous beneficial biological activities including supporting healthy cell proliferation, cardiovascular and immune function, and anti-oxidative activities. Quercetin possesses potent antioxidant properties to scavenge free radicals, promote DNA integrity, and support cellular regulation. Quercetin has also been studied for its support of healthy glutathione levels.

Quercetin is a foundational structure of many flavonoids, including rutin, hesperidin, and isoquercitrin. The quercetin ring structure also occurs as part of larger flavonoid molecules, such as hyperosides in St. Johns Wort or flavone glycosides in Ginkgo. Quercetin aglycone is the type of quercetin most typically used in supplements because it is the easiest to produce from rutin. However, this form of quercetin rarely occurs in nature and is not actively absorbed (but rather is passively diffused) at the absorptive surfaces in the small intestine.

QUERCETIN GLUCOSIDES, THE PREDOMINANT FORM

In nature, quercetin occurs predominantly in the glucoside form, usually with the glucoside chain at the 3 or 4 position. Apples and onions are among the richest dietary sources of quercetin glucosides, notably the quercetin-3-monoglucosides, isoquercitrin, and isoquercetin.

Isoquercitrin and isoquercetin are terms that are sometimes used interchangeably, even by specialists, because the two molecules are very similar in structure. The difference between them is that isoquercitrin has a glucofuranose ring structure, whereas isoquercetin has a glucopyranose ring structure. Functionally, the two molecules are nearly indistinguishable. These quercetin glucosides have been shown to be more highly bioavailable than the smaller quercetin aglycone or the larger quercetin glycosides such as rutin (quercetin rutinoside). Quercetin glucosides are also more quickly absorbed, at approximately double the rate of quercetin, and up to ten times more quickly than rutin.

QUERCETIN ABSORPTION

As with any supplement, the importance of the quality is not in how much you take but how much you can absorb. Quercetin glucosides, such as isoquercitrin and isoquercetin, have been shown to be much more bioavailable and more quickly absorbed than quercetin aglycone or quercetin glycosides, such as rutin (quercetin rutinoside).

Enzymes and active transport mechanisms in the cells lining the small intestine (enterocytes) interact with the glucose moiety of the isoquercitrin and isoquercetin molecules, speeding their uptake and transformation into quercetin. Without this glucose moiety, absorption of quercetin through the small intestine is by the slower, less efficient process of passive diffusion. Isoquercitrin and isoquercetin therefore provide quercetin, with all its benefits, in a more bioavailable form. The bioavailability of isoquercitrin can be further enhanced through an enzymatic process.

ALPHA-GLYCOSYL ISOQUERCITRIN HAS SUPERIOR BIOAVAILABILITY

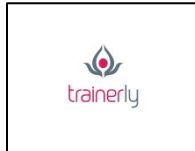
Alpha-Glycosyl Isoquercitrin—an Integrative Therapeutics™ exclusive—delivers all the benefits of the flavonoid quercetin with better absorption and improved bioavailability. Alpha-Glycosyl Isoquercitrin provides the benefits of the flavonoid quercetin with better absorption and superior bioavailability. Isoquercitrin and isoquercetin are naturally-occurring forms of quercetin with a glucoside side chain that enhances bioavailability. As an antioxidant and immune-modulator, Alpha-Glycosyl Isoquercitrin offers the following benefits:

- 3 times more bioavailable than isoquercetin; and nearly 18 times more bioavailable than standard quercetin
- Enhances cellular antioxidant defenses
- Supports cardiovascular health
- Helps modulate the body's immune-response mechanisms

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