

# Enjoy Life's Simple Pleasures



Most of us like to stroll through the countryside from time to time. Or play with our pets. Or eat our favorite foods. Or just stop and smell the beautiful flowers. But when our bodily systems are at odds with the natural world, these simple pleasures can be difficult to enjoy. That's why the nutrition experts at Source Naturals® created Activated Quercetin™, so we all can enjoy the pleasures of nature.\*



Activated Quercetin™  
Bioflavonoid Complex



source  
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\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Activated Quercetin is a unique product containing quercetin, bromelain (a pineapple enzyme), magnesium citrate, and vitamin C. Preliminary research suggests that bromelain can support a healthy inflammatory response.<sup>1</sup> Quercetin works together with vitamin C to provide immune and antioxidant support.\*

## Quercetin: A Unique Bioflavonoid

Bioflavonoids—first discovered by Nobel Prize Laureate Albert Szent-Györgyi in the 1930s—occur as pigments in plants, where they usually are found in close association with vitamin C. Together, bioflavonoids and vitamin C provide antioxidant protection, helping plants withstand harsh variations in wind, rainfall, temperature, and sunlight. Bioflavonoids also can be important to our optimal health—but they cannot be manufactured by our bodies. Quercetin is a unique bioflavonoid found in plant sources such as onions, and has been extensively studied by researchers over the past 30 years. And quercetin is no stranger to the human diet: onions may contain up to 6% (dry weight).\*

## Histamine and Leukotriene Inhibition

Seasonal sensitivities are a growing health problem in the United States, affecting more than 20% of the population. Preliminary studies in human mast cells, the body's main storage unit for histamines, have shown that quercetin can inhibit the release of histamines (chemicals

found in some cells in the body that cause seasonal discomforts), leukotrienes, and prostaglandins, chemical mediators that can lead to an inappropriate immune response. Additional research needs to be conducted to confirm the effects of quercetin in humans.\*

## Activated Quercetin: Helping You Enjoy The Natural World

Source Naturals Activated Quercetin is an advanced quercetin complex with 1,000 mg of quercetin per tablet or capsule serving and key additional ingredients to maximize quercetin's benefits. It is a potent formula that gives you more help—so you can enjoy nature again.\*

## Educational References:

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<sup>1</sup>Not all inflammation is associated with disease states. Inflammation is also the body's healthy immune response to life's normal stressors such as strenuous exercise or an occasional high-fat/high-calorie meal. The body's inflammation response to life's occasional, normal stressors is important for optimal health.

