

Formula & Directions



Take 2 capsules a day, ideally with a meal. Do not take more than the recommended dose. Quercetin is best absorbed if you eat it at the same time as any food that contains a little oil or fat.

Some important cautions

- Pregnant women, breastfeeding women, and people with kidney disease should avoid quercetin supplements.
- It's thought quercetin may reduce the effectiveness of certain antibiotics. Ask your doctor about taking quercetin if you are prescribed antibiotics.
- Quercetin may increase the effect of blood-thinning medication (anticoagulants). These include Warfarin (Coumadin), Clopidogrel (Plavix), and Aspirin.
- Doctors are undecided whether quercetin helps or hinders chemotherapy. You should always talk to your oncologist before taking any supplements if you are undergoing chemotherapy.
- Quercetin may cause corticosteroids to stay in the body longer.
- Quercetin may interfere with the body's absorption of Cyclosporine, which is used to suppress the immune system.
- If you take Digoxin, quercetin may increase the risks of this drug.
- Quercetin can reduce the effectiveness of fluoroquinolones.

Nutritional Information	
Serving Size: 2 Capsules	
Servings Per Container: 90	
Ingredients	Amount Per Serving
Quercetin	1,000 mg

Ingredients

Quercetin Dihydrate (from sophora japonica flower extract 98%), vegetable capsules (HydroxyPropylMethylCellulose)