

QUERCETIN ENZYME ACTIVITY PROMOTION

Quercetin with Bromelain in an Antiviral, antimicrobial and anti-inflammatory dietary supplement.



Product description

Quercetin may have several anti properties such as antiviral, antimicrobial, anti-inflammatory and anti-allergic.

Quercetin contains nutrients and vitamin C that help the body build up its immune system and reduce the risk of exhaustion and fatigue. With a strong immune system, we protect ourselves better against bacteria, viruses and other foreign substances

Important functions of Quercetin & Bromelain

An important and well-known property of **quercetin** is its anti-inflammatory properties as they act as antioxidants. The older we get, the more exposed our cells are to oxidation.

- Anti-inflammatory properties

Quercetin can help stop the harmful particles in the body called free radicals. These negatively affect the functioning of cells – including damaging cell membranes, changing the way DNA works, increasing cell mutations and causing healthy cells to die.

Quercetin can also reduce the expression of inflammatory genes such as interleukin.

- Anti-allergic properties

Quercetin has also been shown to work as an antihistamine, by blocking the activity of the so-called mast cells that release the histamines that cause the allergic reaction.

- Anti-microbial properties

Studies have shown that quercetin has antibacterial properties against a wide range of different bacteria. This applies, for example, to various disease-causing bacteria such as E. coli, staphylococci, salmonella, listeria and more.

What's amazing about this is that while it inhibits the disease-causing bacteria in the gut, it promotes the good bacteria that we want to thrive and thrive. This applies to, among other things, Lactobacillus and Bifidobacterium.

- Anti-viral properties

It also has a clear anti-viral effect. For example, it has been shown to inhibit influenza viruses.

Bromelain is an enzyme with a number of different health-promoting properties.

Bromelain comes from pineapple and is a proteolytic enzyme, which means it breaks down proteins from the diet into smaller components so that the body can absorb the nutrients. Protein is complex for the stomach to break down and

people who eat a high protein diet may experience digestive issues. The enzyme bromelain (from pineapple) improves the absorption of quercetin, and the two substances also seem to enhance each other's anti-inflammatory properties.

- Bromelain is an enzyme that breaks down protein and quercetin, a substance found naturally in many different plants.
- The substance is anti-inflammatory.

Supplemental facts and Ingredients



HELPS REDUCE FATIGUE AND EXHAUSTION.
CONTRIBUTES TO THE NORMAL FUNCTION OF THE IMMUNE SYSTEM HELPS WITH COMMON COLDS AND ALLERGY PROBLEMS.

Dietary supplements should not be used as an alternative to a varied diet. The recommended dosage should not be extended. Store at a cool, dry place out of reach of children.

IF PREGNANT, CONSULT YOUR HEALTH-CARE PRACTITIONER BEFORE

Consumer contact:
nordicwell.eu

**QUERCETIN 500 MG
BROMELAIN 200 MG**

ENZYME ACTIVITY PROMOTION
120 CAPSULES

QUERCETIN

SUPPLEMENT FACTS	
Serving size: 2 capsules Serving per container: 60	
Amount per serving	% DRI*
Quercetin	500 mg **
Bromelain	200 mg **

* Daily Recommended Intake
** Not Established

OTHER INGREDIENTS: Maltodextrin, silicon dioxide, magnesium stearate, leucine.

DOSAGE: 2 capsules a day preferable with a meal

DIETARY SUPPLEMENT



The recommended dose should not be exceeded. Dietary supplements should not be used as an alternative to a varied diet. Keep out of the reach of small children. Use it with care and speak with a doctor before taking it.

How to use

2 capsules per day. Preferably consumed with a meal.

Quercetin & Bromelain is developed to be used in conjunction with a meal.

Warning

The recommended dose should not be exceeded. Dietary supplements should not be used as an alternative to a varied diet. Keep out of the reach of small children.

Storage

Dry at room temperature.

Quercetin & Bromelain sources

Quercetin belongs to the group of flavonols, which are found in, for example, onions, kale, tomatoes, tea, various berries and broccoli.

The flavonoids protect the plant's cells against various types of stress, caused by, for example, UV light, toxins and attacks by viruses and bacteria. They are also powerful antioxidants that protect cells against free radicals.

Flavonoids also play an important role in plants' frost tolerance and drought resistance.

Bromelain is a protein enzyme from pineapple.

What is quercetin?

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