

Quercetin + Nettles

Support for healthy immune and inflammatory responses

This product is a combination of quercetin and nettles, two plant extracts that support the immune system and the body's natural inflammatory response upon exposure to environmental allergens.

Quercetin

Quercetin has been called “king of the flavonoids” because of its powerful antioxidant properties and its ability to support a healthy inflammatory response in the body. It is found in many foods that are recognized for their health benefits, such as red onions, apples, olive oil, dark berries and grapes, capers, salad greens and culinary herbs such as dill, cilantro, watercress, and radicchio. (Quercetin contributes to the richly colored pigments in these foods.) A potent antioxidant, quercetin also works to balance a healthy inflammation response and helps regulate histamine. (Histamine is the compound responsible for some of the unpleasant symptoms associated with occasional and seasonal upper respiratory challenges.)

Nettles

The nettle plant (a.k.a. “stinging nettle”) has been employed throughout the ages and across the globe for a wide variety of uses. Documentation points to its use in ancient Egypt, ancient Greece, and among native peoples in North America. Nettle has been consumed directly, or made into soup, tea, and even brewed into beer. Its high content of vitamin C and iron underlies its immune-supporting effects. Nettle has traditionally been used for supporting respiratory and joint health. It is also a natural compound for benefiting the inflammatory response.

Like quercetin, nettle is also a natural antihistamine. However, unlike many over-the-counter choices that regulate histamine, nettle does not cross the blood-brain-barrier, which means it is unlikely to cause the drowsiness associated with common OTC products that promote upper respiratory health.

Recommended Use: As a dietary supplement, take 3 capsules per day with meals, or as directed by your health care practitioner.



Consult with your healthcare practitioner about your specific circumstances and any questions you may have.

*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.

TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (860) 623-6314, OR VISIT US ON THE WEB AT WWW.DESIGNSFORHEALTH.COM.