

## Quercetin-Bromelain Complex

### DESCRIPTION

Quercetin-Bromelain Complex, provided by Douglas Laboratories®, is a unique formulation of quercetin, buffered vitamin C, and bromelain. Quercetin is a bioflavonoid that has excellent antioxidant activity. Magnesium ascorbate is a buffered form of vitamin C, a key antioxidant, which synergistically supports the quercetin activity. Bromelain is a proteolytic enzyme purified from pineapple, which is active and stable at the acidic levels found in the stomach.†

### FUNCTIONS

Quercetin is a naturally occurring bioflavonoid with antioxidant activity. The antioxidant activity of quercetin supports the gastrointestinal tract and immune system in several ways. First, quercetin inhibits oxidation of lipids. The gastrointestinal tract has an increased exposure to oxidative stress due in part by a more acidic environment. It is important to protect the lipid bilayer of the cell wall of the gastrointestinal tract because these cells serve as an important part of the body’s immune system.†

Secondly, quercetin prevents the depletion of glutathione from the cells of the intestinal tract. Glutathione is a co-substrate for antioxidant enzymes, glutathione peroxidase and glutathione reductase. By preserving the level of glutathione, quercetin supports metabolic activity and cellular structure of the cells of the gastrointestinal tract from free radical damage.†

Quercetin increases mucus secretion from gastric cells. The mucus polysaccharide provides a protective buffer for the gastric cells from the low pH of the stomach contents. The reduced contact provides gastric support. Lastly, quercetin also supports the normal immune response to antigens. Quercetin inhibits the IgE-mediated release from mast cells as well as IgG-mediated histamine release.†

Bromelain is a supportive enzyme in the gastrointestinal tract. Bromelain assists in the breakdown of large macromolecular protein complexes. This reduces the chance that these complexes will leave the stomach untouched or in large fractions retaining their recognizable antigenic form that could pass through these gastric lesions inducing an immune response. Quercetin and bromelain are dietary nutrients that help support the immune system. As a potent antioxidant, vitamin C has been added to the formula for its protective role in immune cells against free radical damage especially during acute immune reactions and stress.†

### INDICATIONS

Quercetin-Bromelain Complex may be taken as a dietary supplement for those individuals who wish to increase their intake of this important bioflavonoid, key antioxidant vitamin C, and the proteolytic enzyme Bromelain.

### FORMULA (#QBC)

Each Tablet contains:

Vitamin C (as magnesium ascorbate/ascorbic acid complex) .....	200 mg
Magnesium (as magnesium ascorbate) .....	13 mg
Quercetin (as quercetin dihydrate).....	333 mg
Bromelain (as <i>Ananas comosus</i> , stem) .....	50 mg

Other ingredients: Microcrystalline cellulose, hydroxypropyl cellulose, croscarmellose sodium, stearic acid, vegetable stearate and silica.

### SUGGESTED USE

Adults take 1 to 3 tablets daily between meals as a dietary supplement, or as directed by a healthcare professional.

## Quercetin-Bromelain Complex

### WARNING

If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

### STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

### REFERENCES

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**For more information on Quercetin-Bromelain Complex visit [douglaslabs.com](http://douglaslabs.com)**

† 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.

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