

Quercetin

1. Anti-inflammatory

Quercetin has the potential to support inflammatory related disorders such as asthma, cancer, arthritis, inflammatory bowel disorders, inflammatory oedema and cardiovascular disease.

Many substances have been researched for their anti-inflammatory effect; one of the most potent of the natural substances is Quercetin. Quercetin down regulates a number of inflammatory mediators including:

- a. Cyclo-oxygenase and Lipoxygenase pathways.
- b. NF-kappa B, Tumour Necrosis Factor alpha, Prostaglandin E2, Series 4 Leukotrienes and Histamine.

2. Cancer Support

Recent research has linked inflammation to the progression of cancer development. Clinical studies on non steroidal anti-inflammatory drugs (NSAIDs) have suggested a potential benefit for anti-inflammatory medication in cancer support programs. However one of the concerns with NSAIDs and aspirin is their ability to inhibit only one aspect of the inflammatory process (cyclooxygenase). Quercetin has been shown to modulate both the cyclooxygenase (COX) and lip oxygenase (LO) pathways therefore down regulating a variety of inflammatory mediators, including the metabolite 5-HETE which has been strongly associated with cancer growth and development.