quercetin

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Cruising Review

Quercetin: Publications and Research from SwissMixIt

This webpage QR code

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Quercetin, a flavonoid found in fruits and vegetables, has unique biological properties that may improve mental/physical performance and reduce infection risk. These properties form the basis for potential benefits to overall health and disease resistance, including anti-carcinogenic, anti-inflammatory, antiviral, antioxidant, and psychostimulant activities, as well as the ability to inhibit lipid peroxidation, platelet aggregation and capillary permeability, and to stimulate mitochondrial biogenesis.

PDF Version of the webpage (first pages)

Quercetin Botanical Information

Quercetin, a flavonoid found in fruits and vegetables, has unique biological properties that may improve mental/physical performance and reduce infection risk.
These properties form the basis for potential benefits to overall health and disease resistance, including anti-carcinogenic, anti-inflammatory, antiviral, antioxidant, and psychostimulant activities, as well as the ability to inhibit lipid peroxidation, platelet aggregation and capillary permeability, and to stimulate mitochondrial biogenesis.
Keywords: quercetin, bees, propolis, resin, PI3K, Flavonoids, phytochemical compounds, quercetin, inflammation, immune function, dietary sources, metabolism, SARS-Cov-2, COVID-19, vitamin C, quercetin, flavonoids, antiviral, Coronavirus, immunonutrition, Quercetin, Allergy, Asthma, Senolytic, Senescent cells, Dasatinib, Quercetin, Ageing, Lifespan, COVID-19, corona virus, aging, senescence, senolytic drug therapy, prevention, viral replication, drug repurposing, antibiotic, Azithromycin, Hydroxy-chloroquine, Rapamycin, Doxycycline, Quercetin, quercetin, lipid profile, protein metabolism, metabolic fitness, boxing, anti-tyrosinase, antioxidant, niosomes, photostability

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