



Cruising Review

quercetin

Quercetin: Publications and Research from SwissMixIt

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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)

<https://cruisingreview.com/smx/quercetin.html>

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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