HOLISTIQUE MEDICAL CENTER · BELLEVUE, WA

IV Quercetin: New to the IV Lounge

What is Quercetin? Quercetin, a flavonoid abundantly found in various fruits, vegetables, and grains, has garnered attention for its remarkable...

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What is Quercetin?

Quercetin, a flavonoid abundantly found in various fruits, vegetables, and grains, has garnered attention for its remarkable antioxidant properties. It belongs to the polyphenol group of compounds, known for their ability to neutralize free radicals. Free radicals are unstable molecules that can cause cellular damage and contribute to various health issues, including aging and chronic diseases.

What does Quercetin IV therapy do?

Thanks to its antioxidant properties, quercetin helps the body manage oxidative stress, which is linked to aging and everyday cellular wear. Quercetin also has natural anti-inflammatory and antihistamine-like effects, which is why many people choose it to support a healthy inflammatory response and a normal response to seasonal allergens. It has also been studied for its role in supporting cardiovascular wellness, including healthy blood pressure and cholesterol already within a normal range. Given intravenously, quercetin is well absorbed and delivered directly to your cells.

Are there side effects?

Quercetin is generally well tolerated. Some individuals may experience minor discomfort such as an upset stomach or headache during infusion. It's essential to consult a healthcare provider regarding potential side effects and personal risks before starting any treatment.

How long does the infusion take?

The infusion time varies based on dosage, typically lasting between 60 to 120 minutes.

Who can get IV Quercetin?

In summary, IV Quercetin therapy offers a holistic approach to promoting overall health and well-being. This is true particularly for individuals grappling with chronic conditions associated with inflammation, oxidative stress, or compromised immune function. Consult one of our qualified naturopathic doctors or

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your healthcare provider to see if the therapy might be right for you.

References:

HJ;, G. R. M. (n.d.). *Disposition of Quercetin in man after single oral and intravenous doses*. European journal of clinical pharmacology. https://pubmed.ncbi.nlm.nih.gov/1233267/

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