

# Quercetin + Nettles

600 mg quercetin + 600 mg nettles

QUN090 | 90 Vegetarian Capsules

This unique formula combines 600 mg of both quercetin and nettles per serving, harnessing their synergistic effects to help maintain a balanced response to inflammation and common environmental triggers.\* A superstar for healthy aging, quercetin is a plant pigment found in foods like red onions, apples, tea, and dark berries that seeks out free radicals to neutralize them.\* Also known as “stinging nettle,” nettle is a versatile plant that has traditionally been used to support respiratory tract and joint health.\*

RECOMMENDED BY  
#1  
PRACTITIONER  
SUPPLEMENT  
BRAND  
FUNCTIONAL MEDICINE PROFESSIONALS\*



## IMMUNE HEALTH\*



Supports healthy immune system balance and a normal inflammatory response\*



May support those whose immune systems are impacted by seasonal changes\*



May help slow down histamine production\*



Supports antioxidant status and healthy aging\*



May help individuals affected by common environmental triggers\*

## Supplement Facts

Serving Size 3 capsules  
Servings Per Container 30

Amount Per Serving	% Daily Value
Quercetin	600 mg *
Nettle Extract ( <i>Urtica dioica</i> )(leaf)	600 mg *

\*Daily Value not established.

**Other Ingredients:** Microcrystalline cellulose, cellulose (capsule), silicon dioxide, vegetable stearate.

**Recommended Use:** Take 3 capsules per day with a meal or as directed by your health-care practitioner.

Consult with your health-care practitioner about your specific circumstances and any questions you may have.

## JUST THE FACTS:

Compare supplement facts to the leading brands

### Quercetin

- Works to regulate histamines, which are compounds released by a type of immune cell as a normal response to inflammation and environmental triggers\*
- Supports your body's natural ability to handle occasional immune challenges and a healthy inflammatory response in the respiratory tract\*
- Has been shown to help remove damaged or dead cells that can accelerate the aging process\*

### Nettle Extract

- Packed with vitamins and minerals, such as iron and vitamin C, nettle may help support your immune health and overall micronutrient status\*
- A source of flavonoids, like quercetin, known for their ability to promote a healthy inflammatory response and antioxidant status in the body\*
- Studies suggest it may help slow down histamine production\*

\*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.

\*An IPSOS 2023 survey among US functional medicine practitioners, in an average month, Designs for Health is their most recommended practitioner supplement brand, meaning a brand that is sold by healthcare practitioners in their office.

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