



## QUERCETA®

<b>NPN</b>	80042459	<b>FORMAT</b>	60 softgels
<b>INDICATIONS</b>	QUERCETA® is a formula specially designed to prevent Chronic Pelvic Pain Syndrome (CPPS) related to chronic (nonbacterial) prostatitis, and to maintain prostate health.	<b>DOSAGE</b>	1 softgel twice daily (morning and evening) during 3 to 6 months.
<b>CAUTION</b>	If you have symptoms of an acute or chronic prostatitis, consult a health care professional before using QUERCETA®. Men with prostatitis generally suffer from a number of symptoms, including chronic pelvic pain, pain in the penis, in the testicles, pain after ejaculation, burning on urination, and sensations of imperative and urgent urination. Avoid spicy foods, alcohol and caffeine.		

### COMPOSITION

Quercetin .....	500 mg
Lycopene .....	3.5 mg
Vitamin D .....	12.5 mcg (500 UI)
Zinc .....	10 mg

### DOCUMENTATION

Nonbacterial chronic prostatitis (also known as chronic pelvic pain syndrome or CPPS) affects men of all ages, but is more difficult to diagnose and treat than an infectious prostatitis. CPPS is caused by a number of conditions, so it is important to consult your doctor to determine your best treatment options<sup>1</sup>.

Oxidative stress can be a key way for men suffering from CPPS, this route can be targeted with an antioxidant therapy<sup>1,2</sup>. Studies suggest that natural supplements are more effective than standard treatments (e.g. antibiotics) to relieve the symptoms of CPPS. Indeed, Quercetin, Lycopene and Zinc are known to reduce the symptoms of CPPS<sup>1</sup>. In addition, it is recognized that the Lycopene, Zinc and Vitamin D effectively prevent the occurrence of prostate cancer. So QUERCETA® was formulated to help relieve the symptoms of CPPS and to maintain prostate health.

## QUERCETIN DIHYDRATE

Quercetin is an antioxidant and natural anti-inflammatory commonly found in red wine, green tea and onions<sup>2-4</sup>. Clinically validated, the administration of 500 mg of Quercetin twice a day is associated with significant relief of symptoms in patients suffering from CPPS<sup>1,4-6</sup>.

## LYCOPENE

Lycopene is a powerful antioxidant present in vegetables, such as tomatoes. It also belongs to the carotenoid family. Lycopene, like zinc, may help reduce symptoms in men suffering from CPPS<sup>7,8</sup>. Chronic inflammation and oxidative stress are risk factors for prostate cancer. It has been proven that lycopene could help maintain prostate health and prevent the onset of cancer<sup>9,10</sup>.

## ZINC GLUCONATE

Zinc is an important mineral for many biological functions such as enzymatic reactions, regulation of oxidative stress, cellular signals transduction and the immune system<sup>11</sup>. Zinc is also an indicator of prostate health because it is associated with its secretory function. However, several studies have shown a link between CPPS and Zinc deficiency<sup>12</sup>. Zinc supplementation is recognized in naturopathy and clinically to help reduce symptoms in men suffering from CPPS, and prevent the onset of prostate cancer<sup>8,13-15</sup>.

## VITAMIN D

Vitamin D plays an important role for the maintenance of bone health and general health. However, in men, vitamin D supplementation is also involved in the urogenital function, and can reduce the risk of cancers, including that of the prostate<sup>16,17</sup>.

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