

The Quercetin Absorption Plan

For anyone who bought a quercetin bottle and wants to know how much of it is actually reaching them. Every line restates a claim checked against Tier-1 sources. Nothing here is invented, and nothing on this page is for sale.

CHECKED AGAINST LINUS PAULING INSTITUTE · MEDLINEPLUS · NIH OFFICE OF DIETARY SUPPLEMENTS · JULY 2026

1

Food is the cheap route

Onions, apples, capers and tea carry quercetin every day at no cost.

2

Absorption is the bottleneck

Flavonoid bioavailability is low: poor uptake, heavy metabolism, fast excretion.

3

Form is the only real lever

A lecithin phytosome raised plasma quercetin far above plain quercetin in a crossover trial.

1. Eat the food sources first, every day

This costs nothing and it is the intake route with the best support.

WHY THIS WORKS

Quercetin is a flavonol found in onions, apples, capers, berries and tea. Whole-food flavonoid intake is the pattern that tracks with better outcomes in population research, and it is the route no supplement replaces.

DO THIS WEEK

- ☐ Add half a red onion to one meal a day
- ☐ Keep apples where you can see them
- ☐ Swap one drink a day for tea

SOURCE: USDA FLAVONOID DATABASE; HARVARD T.H. CHAN SCHOOL OF PUBLIC HEALTH

2. Understand what the label number is not

Milligrams on the bottle are not milligrams in your blood.

WHY THIS WORKS

The Linus Pauling Institute describes flavonoid bioavailability as low, limited by poor absorption, extensive metabolism in the gut wall and liver, and rapid excretion. A large dose of a poorly absorbed form does not fix a delivery problem.

DO THIS WEEK

- ☐ Read the form, not just the dose
- ☐ Ignore any label that only shouts milligrams
- ☐ Note whether a delivery technology is named

SOURCE: LINUS PAULING INSTITUTE, OREGON STATE UNIVERSITY

3. If you supplement, choose the studied form

The pharmacokinetic evidence sits with the phytosome complex.

WHY THIS WORKS

In a randomized crossover study in healthy volunteers, a food-grade lecithin quercetin phytosome reached plasma levels far above those from unformulated quercetin at the same kind of dose. That is an absorption finding, not an outcome promise.

DO THIS WEEK

- ☐ Look for quercetin phytosome on the label
- ☐ Take it with a meal as directed
- ☐ Give it a fair eight to twelve week run

SOURCE: RIVA ET AL., EUR J DRUG METAB PHARMACOKINET, 2019

4. Check the interactions before the first capsule

This is the step people skip, and it is the one that matters most.

WHY THIS WORKS

MedlinePlus lists real interactions for quercetin, including with medicines that suppress the immune system, pravastatin,

DO THIS WEEK

- ☐ List your current medicines

fexofenadine and blood pressure medicines. Studied use ran up to 1,000 mg a day for up to twelve weeks.

- ☐ Ask your pharmacist about interactions
- ☐ Stop and ask if anything feels off

SOURCE: MEDLINEPLUS, QUERCETIN

5. Judge it on the right claim

Set the expectation before you spend, not after.

WHY THIS WORKS

The NIH Office of Dietary Supplements states there is no clear evidence quercetin improves athletic performance. Better absorption is what the research documents. Anything beyond that is a claim the evidence has not made.

DO THIS WEEK

- ☐ Write down what you expect it to do
- ☐ Re-read that note at week twelve
- ☐ Stop if the answer is nothing

SOURCE: NIH OFFICE OF DIETARY SUPPLEMENTS

EVERY CLAIM ABOVE, TRACED

Linus Pauling Institute, Flavonoids · <https://lpi.oregonstate.edu/mic/dietary-factors/phytochemicals/flavonoids>

MedlinePlus, Quercetin · <https://medlineplus.gov/druginfo/natural/294.html>

NIH ODS, Dietary Supplements for Exercise and Athletic Performance · <https://ods.od.nih.gov/factsheets/ExerciseAndAthleticPerformance-HealthProfessional/>

Harvard T.H. Chan School of Public Health, Antioxidants · <https://nutritionsource.hsph.harvard.edu/antioxidants/>

Riva et al., Improved Oral Absorption of Quercetin from Quercetin Phytosome · <https://pubmed.ncbi.nlm.nih.gov/30328058/>

USDA Database for the Flavonoid Content of Selected Foods · <https://www.ars.usda.gov/ARSEUserFiles/80400535/Data/Flav/Flav3.3.pdf>

NIH ODS, Dietary Supplements: What You Need to Know · <https://ods.od.nih.gov/factsheets/WYNTK-Consumer/>

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