

# NUTRI-SPEC



THROUGH  
SPECIFIC NUTRITION

89 Swamp Road  
Mifflintown, PA 17059  
800-736-4320  
717-436-8988  
Fax: 717-436-8551  
nutrispec@embarqmail.com  
www.nutri-spec.net

## THE NUTRI-SPEC LETTER

**Volume 31 Number 3**

From:  
Guy R. Schenker, D.C.  
March, 2020

Dear Doctor,

### **A GLITTERING NUGGET OF PURE GOLD ....**

in your NUTRI-SPEC Treasure Chest of supplements is ---

### **QUERCETIN.**

Nothing reduces ImmunoNeuroEndocrine stress more effectively ---

**by the MECHANISMS - - -**

Quercetin does. - - - - How does Quercetin benefit:

--- histamine-mediated systemic inflammation?

- allergies
- asthma
- insomnia
- low body temperature

--- neurological disease?

--- endothelial inflammation?

- gastric ulcers
- Interstitial Cystitis
- Irritable Bowel Syndrome
- Ulcerative Colitis
- Crohn's Disease
- Leaky Gut Syndrome

--- atherosclerosis / arteriosclerosis?

--- capillary fragility?

- cerebral hemorrhage (stroke)
- retinal hemorrhage
- diabetic hemorrhage
- bleeding gums
- varicose & spider veins
- bruising
- hemorrhoids
- aneurysm

--- C-Reactive Protein?

--- upper respiratory tract infections?

--- exercise tolerance?

--- stress-induced behavioral changes?

Below, we will describe the mechanism (s) by which your Quercetin-containing supplements work their extraordinary benefits. ----- But first --- let us remind you of ....

### **THE QUERCETIN ENIGMA.**

Enigma? ----- Simply ....

Quercetin, a common polyphenol in healthy diets, has been linked to important health benefits from eating Quercetin-rich foods in epidemiological studies, and shows potent biological actions from in vitro and animal testing. However, because of a number of factors, translating these findings into clinical reality has not routinely occurred because human supplementation studies using Quercetin have not consistently found the promised health benefits, --- resulting in the Quercetin Enigma. Thus, utility of Quercetin for human use has confused researchers and clinicians for decades.

Recognizing the incredible potential of Quercetin as a supplement, NUTRI-SPEC has followed the evolving Quercetin research for several decades. All through that time, we always strove to find the most biologically active form of Quercetin to put in your supplements. Guided by the most recent research --- we have changed the form of Quercetin we offer you countless times over the years. ----- But at last, the dark cloud hanging over Quercetin has been lifted.

There is one form of Quercetin that stands alone as being the most biologically active --- meaning the most efficiently absorbed, assimilated, and utilized. And there is an abundance of research showing that this form of Quercetin, and only this form of Quercetin, confers all the amazing benefits that health food sheeple, health food pill peddlers, and NUTRI-SPEC alike have always known should be there.

That form of Quercetin comes from only one source in the entire world --- and now you and your patients have it in your Formula ES, Formula EI, Complex P, and Oxy D.

The Quercetin Enigma has been solved by QU995 --- pure anhydrous Quercetin aglycone, extracted from plant sources in a proprietary process that demonstrates superior bioavailability and cost-effectiveness in humans, as well as more clinically significant outcomes --- far superior to other forms of Quercetin.

In summary, QU995 has these advantages over other forms of Quercetin:

- Highest potency by weight of any Quercetin (99.5+%);
- Highest purity (verified during safety testing for USFDA GRAS submission for solvents, pesticides, herbicides, heavy metals and microbial counts);
- Different particle characteristics = Total Uniform Microdispersion instead of crystals (more surface area for better solubility and absorption);
- Documented absorption in humans (plasma total Quercetin);
- Absorption superior to other Quercetin aglycone forms;
- More cost-effective per absorption than other commercially-available Quercetin aglycones and glycosides;
- QU995 has more human clinical studies than other Quercetin materials;
- QU995 has more human clinical studies with significant health benefits;

Why the Enigma? ----- Why did it take decades for biochemists searching for nutritional and pharmacological benefits from Quercetin supplementation to duplicate the same benefits that derive from eating high Quercetin foods (= vegetable --- especially onions, peppers and buckwheat)? Why was occasional research so off target it showed Quercetin to be harmful --- even to the point of increasing cancer risk?

**Summary of Quercetin research blunders:** (From the only company that has solved the Enigma)

- Pharmaceutical mindset of looking for pure Quercetin aglycone discouraged proper investigation;
- Over-reliance on short-term pharmaceutical methodology (that does not match long-term (chronic) intake as in epidemiological studies) led to wrong conclusions about absorption;
- Studied Quercetin aglycone when epidemiological human data was from Quercetin glycosides in foods;
- Technology limited the ability to identify Quercetin forms in vivo, misleading researchers for decades;
- Technology was able to identify Quercetin forms in the 1950s, but nobody took the time and effort because of misguided pharmaceutical, single, pure compound mindset;
- Easier (to simplify research) to convert all forms in biological samples to Quercetin aglycone --- a big mistake;
- Metabolic fate studies were not performed until the 21st century – normally this is the first step in investigating absorption, uptake, bioavailability, metabolism, conversion and utility of a pure compound;
- Dose-response for absorption woefully inadequate even to this day – another early investigative requirement for any useful compound;
- Incorrect assumptions on solubility, identification, and experimental design led to incorrect conclusions on absorption;
- Equated all Quercetin forms as equivalent;
- Incomplete understanding of digestion , and known facts were ignored;
- Low subject numbers in most studies;
- Inherently high interindividual variability of absorption hampered finding statistical significance
- Responder/nonresponder statistical analysis was not used, leading to misleading interpretations and conclusions
- Overreliance on standard but inappropriate statistical analysis);

- Investigators & reviewers perpetrated mistaken dogma of no or poor absorption without realizing or expressing limitations of research;
- Did not look in the right places for the right compounds (i.e., no tissue levels in humans);
- Non-plasma components of blood were not considered in spite of evidence of uptake and distribution.
- Research on Quercetin aglycone instead of Quercetin glucuronides and methylated forms gave unrealistic expectations not fully seen in vivo;
- Incorrect assumptions (without supportive evidence) that Quercetin glucuronides and methylated forms were inactive;
- Almost zero attention to other likely mechanisms of action such as enzyme/receptor inductions, nitric oxide metabolism, or effects of common phenolic acid metabolites as shown for other phytonutrients;
- Irreproducible, and later, discredited concerns over mutagenicity and carcinogenicity also discouraged interest and study of Quercetin;
- Tissue levels in humans of Quercetin were not published until after 2010 – yet another early investigative requirement unfulfilled;

Why did we just ask you to endure reading a page and a half of **BLUNDERS** by the pharmaceutical industry and the health food industry as they searched for ways to unravel the Quercetin Enigma? These blunders highlight perfectly the fundamental philosophical error committed by both pharmacological and “natural” remedy peddlers. --- They are looking for isolated molecular compounds that yield short-term “cures” of disease symptoms. As we have made the point repeatedly --- it is the long-term, low-dose intake of ADAPTOGENS that gives them their power to prevent INFLAMMAGING.

Another way to look at the page and a half that you just labored through is that it is the perfect mirror image of all the health food industry “research” designed to “prove” that resveratrol, cinnamon, megadoses of vitamin C, St. John’s Wort, and countless other health food industry “Flavors of the Month” are “good for” this and that symptom. They ignore all legitimate research procedures in their desperate attempt to contrive evidence they can use to bilk the health food store faithful.

**Research CLUES & research FINDINGS leading to the development of QU995:** (From the one company that solved the Enigma)

- a) The most concentrated sources in nature from the Japanese Pagoda Tree and the Chinese Scholar Tree.
- b) Quercetin glycosides are not found in human plasma.
- c) In plant foods, quercetin is mostly glycosylated (one or more sugars are attached to one or more hydroxy groups per quercetin molecule).
- d) Nonsignificant findings from human clinical studies of other forms of Quercetin do not apply to QU995 due to absorption and dosage differences;
- e) Necessary emphasis on Green crop management – follows Global Good Agricultural Practices; --- Patented and proprietary growing, harvesting, management practices; · Patented & proprietary extraction, processing and handling processes without solvents;
- f) The vast literature on Quercetin and other plant phytochemicals shows that quercetin has a high level of biological activity, even when “inactivated” as glucuronides or methylated versions. Since all Quercetin forms become the same forms in plasma and tissues, the delivery of Quercetin relies on both dosage and form administered.

What are the MECHANISMS by which QU995 offers you and your patients the long list of clinical benefits listed on the first two pages of this Letter? We gave you a long, long list of Quercetin bio-activity to close last month’s Letter. To summarize all that ....

--- Quercetin controls the inflammation associated with excess Mast Cell activation ----- and thus has anti-Parasympathetic, and in some ways anti-Anaerobic, as well as anti-Alkaline activity.

--- Quercetin is powerfully anti-Catabolic. In that sense it is anti-Dysaerobic.

--- In particular, Quercetin is anti-Catabolic as regards endothelial tissue of the gut, and of the vascular system, and of the respiratory system.

To give your patients the ADAPTOGEN benefits of Quercetin --- in the low-dose, long-term quantities to combat INFLAMMAGING ----- take advantage of our **March Special** = **2 FREE** with every 10 you buy of Oxygenic D, Complex P, Formula ES, and Formula EI.

