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Chlorella Green Algae Detoxing Superfood



Chlorella Green Algae is a superfood for nutrition and longevity

The Japanese are renowned for their longevity. Japanese life expectancy is the world's highest, at 87 years for women and 81 years for men. The average lifespan of the Japanese is the highest it has ever been, and they keep getting older! In 2019, the number of Japanese aged 90 reached 2.31 million, including over 71,000 centenarians. So have the Japanese found the fountain of youth?

Just maybe!

It seems that there is one source of nutrition, in particular, that plays a major role in Japanese longevity. That source of nutrition is found in a very special kind of algae called Chlorella. More than ten million Japanese eat chlorella daily for both their nutritional and therapeutic needs.

What is it about these small unicellular green algae that make Chlorella a detoxing superfood?

For one thing, it is recognised as one of the most nutrient-dense foods on the planet. It is not an exaggeration to say that Chlorella (*C. vulgaris*) is nature's own multivitamin. That's because Chlorella contains all the essential nutrients needed to sustain life and much more.



Chlorella is rich in vitamins A(beta carotene), C, E, and vitamin K, containing all the B-complex vitamins (including B12), zinc, iron, calcium, magnesium, potassium, phosphorus, selenium, iodine, omega-3 essential fatty acid, and the enzyme pepsin. Chlorella also contains 58 to 70 percent of bio-available protein and all the essential amino acids. It is one of the few foods that naturally contain vitamin D. In addition, it has more beta-carotene than carrots and more than five times more chlorophyll than wheatgrass. The iron content of chlorella is particularly impressive and can provide up to 40 percent of your daily requirements.

Chlorella is also a rich source of carotenoids, lutein, and zeaxanthin. They are known as the “eye vitamins” helping to [safeguard](#) the eye's macula by protecting it from damaging blue light (emitted from artificial lighting and digital devices). Studies have [shown](#) that both lutein and zeaxanthin can protect against age-related macular degeneration, eye strain and fatigue, cataracts, and even help to prevent vision loss and blindness.

The Chlorella Growth Factor



Chlorella Growth Factor (CGF) is a unique complex found in the cell nucleus of chlorella. CGF is produced during intense photosynthesis which allows chlorella to grow so rapidly. Each cell multiplies into two new cells about every 20 hours, and the CGF promotes this rapid rate of reproduction. CGF is a complex combination of key nutrients including amino acids, vitamins, essential fats and more.

Experiments show that CGF promotes faster growth without undesirable side effects. It improves RNA/DNA functions responsible for the production of proteins, enzymes, and energy at the cellular level, stimulating tissue repair and protecting cells from certain toxic substances.



Chlorella is the ultimate anti-ageing nutrition for our DNA. When used regularly, chlorella can assist in the repair of damaged genetic material, protecting our health and slowing down the aging process.

Proven Benefits of Chlorella Growth Factor

- ⌚ **Promotes rapid growth**, strengthens the immune system and promotes rapid tissue healing.
- ⌚ **Stimulates the immune system:** CGF stimulates the production of interferon and protects T and B lymphocytes which are the body's front line against infections. Increasing resistance to disease
- ⌚ **Purifying, antiviral and anti-inflammatory properties** — thanks to the high concentrations of chlorophyll present in the CGF
- ⌚ **Glutathione**, present in CGF, has the ability to bind to heavy metals, solvents and pesticides and convert them into a form that can be excreted in urine or bile. It is also a powerful antioxidant that helps fight harmful free radicals in the body, and helps in detoxification. Glutathione helps to eliminate toxins from the liver.
- ⌚ **Prebiotic Function** – CGF stimulates the growth of good bacteria and supports the digestive system. It regulates the intestinal flora. A Japanese study showed [that](#) due to its “rich supply of prebiotic food, chlorella can actually triple the rate of growth of good bacteria in the gut.”
- ⌚ **Beneficial in the prevention of allergic diseases** and prevents casein allergy, a major cause of milk allergy.
- ⌚ **Resistance and endurance:** true energy concentrate which is very useful for athletes
- ⌚ **Tissue repair** — through their growth and life-activating properties, CGF nucleic acids stimulate tissue regeneration and repair of damaged tissue without causing uncontrolled cell proliferation in the form of a malignant tumour.
- ⌚ **Helps prevent high blood pressure** and cardiovascular disease by controlling blood sugar and reducing high cholesterol



Chlorella Green Algae detoxifies heavy metals

One of chlorella's most significant health benefits is that it wraps itself around even the most stubborn toxins in our bodies such as cadmium, lead, mercury, and uranium. More importantly, it not only safely eliminates them from the body but prevents them from being reabsorbed. In our toxic world, it is imperative for our health to safely remove all forms of toxins. By taking chlorella daily, we can safely and effectively detoxify the harmful heavy metals and the many chemicals we are exposed to on a daily basis.

One study showed that routine chlorella intake decreases the chance of heavy metal poisoning in the bloodstream.

It also helps to reduce the risk of muscular and bone damage due to elevated levels of cadmium in the body. The study concluded that "chlorella is an appropriate source which counteracts heavy metal poisoning, to decrease the damage of tissues by decreasing cadmium absorption."¹



Supplementing with chlorella has shown promising results in alleviating some of the adverse effects of radiation therapy on the body and even helping to eliminate radioactive particles. But perhaps more impressive than its ability to chelate and flush out radioactive toxins is chlorella's ability to actually protect from radiation.

Glyphosate is the main ingredient in the weed-killer Roundup® and is the most widely used chemical herbicide in history. Chances are, this chemical is in at least some of the food you'll eat today, even if that food is organic, non-GMO, and 'natural'.

The good news is that Chlorella's detoxing power helps to bind to glyphosate in the GI tract so it can be safely eliminated.

Chlorella has been reported to be helpful for various health problems such as hypertension, arteriosclerosis, high cholesterol, cardiac problems, constipation, bowel toxicity, dermatitis, allergies, arthritis, diabetes mellitus, and fibromyalgia, Epstein- Barr virus infection, candidiasis, and others. Besides that, it has also been found to enhance the ability of the immune system, slow down the ageing process, stimulate growth, reduce the risk of cancer, enhance the healing process, and rejuvenate and vitalize the body.

The Secret of Biogenesis Chlorella's Power

Like so many nutritional products, the real benefits are only available when you know more about how and where the product was grown and processed. The nutrition and therapeutic power of Chlorella are only fully available when it is grown in pristine conditions, processed, and packaged correctly. One more critical factor is the integrity of the company.



Biogenesis is 100 percent Australian-owned and operated. In fact, it is the only 'Australian Made, Australian Grown' licensed producer of Chlorella. From its farm in tropical Queensland, through to packing and distribution, its products are grown and processed in Australia to the highest quality standard.

Unlike many other Chlorella farms, the pristine water and abundant sunlight of Biogenesis' Chlorella tropical Queensland farm, ensures the purest and

*most nutrient-dense algae product available
anywhere in the world.*

Biogenesis is committed to growing and harvesting its ingredients with as little impact on the environment as possible. All their products are free from herbicides, pesticides, and environmental contaminants. Biogenesis also uses sustainable farming practices and never tests on animals.

Biogenesis has developed an innovative cell cracking technology.

Chlorella consists of a hard outer shell that protects the nutrients within the Chlorella molecule. It has been found that cracking the cell wall enables the nutrients to be more readily absorbed during digestion. Many Chlorella companies use a grinding or pulverising process to achieve this. However, this may destroy the Chlorella cell and leave the nutrients susceptible to oxidation and nutritional losses.

The Biogenesis Biodynamic System utilises a combination of vacuum and ultrasonic technology that enables the nutrients of the cell to be made available without the risk of oxidation or nutritional losses. This means that Biogenesis Chlorella is able to deliver its powerhouse of all its nutrients efficiently to every cell in your body.

The Unique Biogenesis Growth System

Marine algae grow naturally in oceans and flowing river systems. Water movement is critical to algae growth, ensuring that they receive sufficient sunlight, air, and nutrients as they flow. Conventional algae growth systems use large mechanical paddlewheel type systems, to physically push the water around oval-shaped “racetrack” type ponds, or alternatively, the algae is grown in industrial Bioreactor type internal systems, often using sugars to replace natural sunlight.



BioGenesis has developed a unique and innovative growth system that replicates the natural water flow of a river, using water pressure as the moving force.

This is the same as in nature where water flows down from mountains and pushes water across river plains to the ocean. The BioGenesis system uses narrow maze-type channels to replicate a river, flowing the water back to the start of the maze for each circuit. This enables algae to grow to the highest quality standard exactly as nature intended.

Nature's Gift for Radiant Health

Chlorella is a true gift from nature. Modern technology has been able to unlock Chlorella's phenomenal potential as a superfood as well as a solution that allows us to thrive and heal in a toxic and polluted world. Both humans, as well as animals, benefit when their diet includes a daily amount of Chlorella!

Chlorella is especially important for those who are following a vegan or vegetarian diet. Its comprehensive nutrient profile, especially B12, iron, omega-3, and a complete protein guarantees that key nutrients are available for health and energy.

There is no doubt, that Chlorella should be a part of everyone's diet. Biogenesis is a company devoted to bringing you not only the purest but also most nutrient-dense Chlorella for your wellbeing, detoxification, healing as well as beauty.

1. <https://pubmed.ncbi.nlm.nih.gov/20016697/>



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Listen to the Interview

"The Amazing Health Benefits of Chlorella"

Dr Sherrill Sellman talks with Colin McGregor

Link <https://archive.aweber.com/newsletter/whatwomenmust/MTQ0Njc3MDg=/what-women-must-know-presents-the-amazing-health-benefits-of-chlorella.htm>



Colin McGregor founded Biogenesis as he is a true believer in the health benefits of algae as a natural health supplement and that algae will play a much larger role in the food and protein source future of the planet. Mr. McGregor is one of Australia's most experienced commercial algae growers and has commercialized algae growth systems for a number of Australian companies.

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Get Biogenesis Chlorella 300 Gm Tablets Save 10%



Get Biogenesis Chlorella Powder 200 Gm Save

10%



The Carbon 60 Molecule, A Revolution in Rejuvenation



The Fountain of Youth was a mythical spring that allegedly restored the youth to anyone who drank or bathed in its waters.

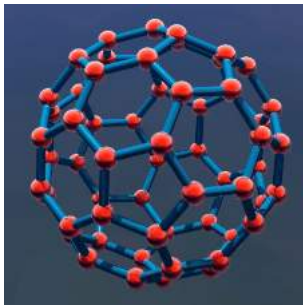
Tales of such a fountain have been recounted around the world for thousands of years. While we all yearn to discover this mythical fountain, a breakthrough scientific discovery might just be the modern day Fountain of Youth. And it is a molecule called Carbon 60 (C60)!

This amazing C60 molecule was originally hypothesised to exist in 1979 by Buckminster Fuller, a brilliant American architect, systems theorist, author, designer, inventor, critic of work and futurist. He predicted that the existence of the C60 carbon molecule would revolutionise medicine.



His prediction proved true when three scientists who discovered it in 1985 were awarded the Nobel Prize in physics in 1996. They named the molecule in Fuller's honour, calling it a "Buckminsterfullerene" or "buckyballs" for short. It has also known as Carbon 60.

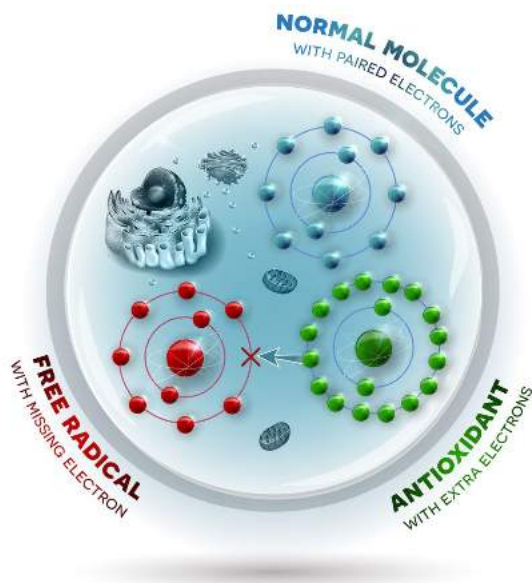
C60 was found in deep space, stardust, and in ancient mineral deposits and meteorites found on Earth. This suggests that it predates life on the planet. These unique carbon molecules are electron reservoirs that fight oxidation by neutralising harmful free radicals.



Carbon 60 is a unique nano-molecule which is composed of 60 carbon atoms that forms a shape resembling a hollow soccer ball. C60 is the only molecule of a single element to form a spherical cage, giving it unparalleled physical and chemical properties. It's unusual shape and capabilities has been the primary reason why so much extensive biomedical research has focused on it.

What Is All the Excitement About?

What if the Fountain of Youth was really a molecule? According to many scientists, C60 is the single-most powerful antioxidant molecule ever discovered. This naturally occurring molecule has been considered the most profound discovery in chemistry in the past century. The Buckminsterfullerene or C60 molecule has a unique ability to prolong lifespan in both humans and animals.



The most widely known benefits of C60 are a result of C60's amazing antioxidant properties. **C60 is characterised as a “free radical sponge” with antioxidant power that’s several hundred-fold higher than conventional antioxidants.** Not only is C60 one of the most powerful antioxidants ever discovered, but it lifts the oxidative burden at the cellular level. **1**

In fact, C60 is so effective that it is often called a “super” antioxidant. It can actually “reset” itself. So, while typical antioxidants can only neutralise one free radical at a time, C60's free radical neutralising power never diminishes. Another special feature of C60 molecules is that they are selective scavengers. They leave beneficial free radicals alone and target only the harmful ones.

270 X more powerful than Vitamin C

How powerful is C60 as an antioxidant? It is known to be 270 times more potent than vitamin C. By powerfully neutralising excessive free radicals caused by a toxic environment, stress, electro-pollution, a junk food diet, and ageing, etc., a wide range of range of health conditions can be improved.

Delving into the Benefits of C60

Research that suggests you may want to consider taking a C60 supplement because it imparts the following tremendous effects:

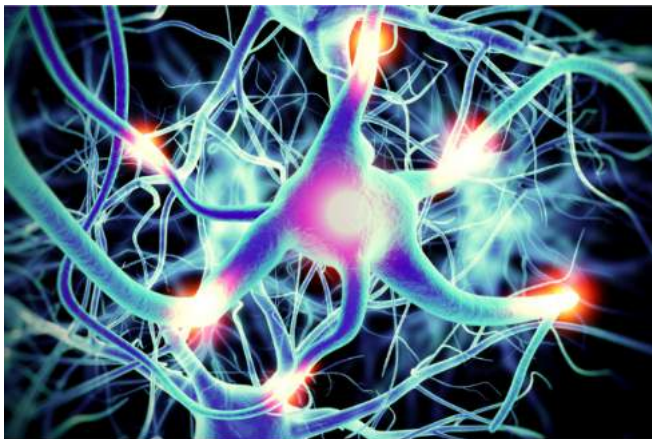
- ⌚ Reduced inflammation, especially in arthritis patients **2**
- ⌚ Potential prevention of osteoarthritis **3**

- ⌚ Reduced obesity and metabolic syndrome symptoms (heart disease, stroke, diabetes) **4**
- ⌚ Destruction of bacteria **5**
- ⌚ Protection against UV damage **6**

In 2011, Fathi Moussa, a French scientist, led a team of researchers in a toxicity study on C60. They initially performed this study to see whether or not daily doses of C60 would be lethal to rats. But what occurred was completely the opposite!

The researchers gave six rats 1000 mg of C60 every day for 29 days, followed by a 14-day recovery period. These C60-fed rats lived 95% beyond their natural lifespan. That's nearly doubles their normal lifespan! The rat that lived the longest, lived to be almost 6 years old. That was an astounding age for a rat!

What Can C60 Do for You?



As demonstrated in Fathi Moussa's toxicity study, C60 has the ability to increase longevity. This powerful molecule prevents nerve cells from dying and has allowed rats to live almost double their natural lifespan.

C60 is powerful for the prevention of inflammation. This could potentially be great news for those who suffer from arthritis and joint-related pain. Quite often, joint pain is accompanied by swelling and inflamed tissue. C60, however, has been shown to contain anti-inflammatory properties. In one study, for example, scientists found that C60 indeed can prevent inflammation in arthritic rats. Researchers in this study concluded that C60 may be a viable treatment for rheumatoid arthritis. **7** It lowers pain in both joints and bones. It also helps to enhance the range of motion. This is because inflammation happens when free radicals are reduced.

C60 health benefits include protecting your nerves. Due to its antioxidant characteristics, however, the C60 compound can actually protect your nerves from dying from being overworked. **8**

C60 performs another important function in the body. It is known to protect mitochondria from oxidative stress, allowing for more efficient energy production for every single cell in the body. There are several studies proving that C60 prevents mitochondrial dysfunction which increases longevity, optimal health, as well as increased energy levels. Ageing is associated with the decline of healthy functioning mitochondria.



C60 oil is a life saver for preventing cell death. The death of cells results in cognitive decline, resulting in a higher chance to develop Alzheimer's. Studies show C60 prevents amyloid protein build up in the brain which is a cause of Alzheimer's Disease.

Next on the list of amazing C60 health benefits is its potential ability to prevent osteoarthritis. Osteoarthritis is the most common chronic condition of the joints. Amazingly, C60 may be able to prevent stress-induced damage and the breakdown of cartilage. Furthermore, it can prevent loss of bone-building cells and prevent bone inflammation, as seen in studies involving rabbits. **9**

C60 helps fight obesity and metabolic syndrome. It can prevent fat cells from growing in size. Furthermore, it can prevent cells from increasing in number as well as prevent insulin resistance in cells. **10**

PREVENTION OF SKIN DAMAGE

C60 is fantastic for healing and supporting healthy skin. It can be used topically for the prevention of UV damage. In models of human skin, its antioxidative molecules demonstrated the ability to deeply permeate into the skin stopping harmful sunburn. **11** C60 has also been used topically for reducing inflammation from bug bites, minor cuts, and rashes.

Carbon 60 Mitigates Graphene Oxide Damage

Many people are concerned about exposure to graphene oxide. Both graphene oxide and Carbon 60 are made of carbon atoms and are both nano-size. Graphene Oxide has oxygen (and hydrogen) bonded to it and it is known to cause oxidative stress.



Graphene Oxide is a flat sheet that readily absorbs specific radio frequencies resonating to produce ionising radiation.

Since Carbon-60's shape is spherical, it allows it to deflect the radio frequencies in many directions. This diffuses the electromagnetic frequencies. Carbon-60 is excellent at neutralises damaging oxidative stress caused by ionising radiation.

Getting Your Daily Dose for Good Health

When taking C60 as a supplement, it is always dissolved in an edible oil such as olive oil, coconut oil, avocado oil or MCT oil. It is available either as a liquid or capsule. There are also topical preparations using C60 which is so beneficial for supporting healthy, youthful skin. C60 has also been used topically for bug bites, minor cuts and scrapes, rashes, and more. A tiny drop applied to the affected area two to four times daily.

It is always important to choose a solvent-free, organic C60 product.

The generally recommended dose is 5 ml of oil per day. Optimal results are generally seen with regular, consistent daily usage of Carbon 60. Carbon 60 is best taken in the mornings with food. Doses can be taken more frequently depending on the health condition. The good news is that C60 is a totally safe and non-toxic product.



While C60 has profound health benefits for humans, it is also important to note that your pets and other animals can also benefit with a daily dose of C60!

C60 should be taken regularly for best results. If you are new to C60, incorporate it into your daily routine by taking a dose of one or more teaspoons in the morning. Eat food within the hour for better absorption. Some C60 users report noticeable effects after just 30 days, for others with more chronic conditions, it may take more time. Be patient and stick with C60 because it promises to deliver amazing results.

Carbon 60 is, indeed, a fountain of youth hidden in a miraculous molecule. The search for the elusive age-reversing panacea is now known and available to us all!



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Try C-60

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Dr Sherrill Sellman, is a Naturopathic Doctor, best-selling author, psychotherapist, women's health advocate, international presenter, host of two weekly podcasts and contributing writer to health publications worldwide. She has a virtual Naturopathic practice assisting women worldwide. www.drsherrillsellman.com

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Help Build Natural Immunity with Quercetin and Zinc

The Super Heroes for Enhanced Immunity, Cardiovascular Health and Allergy Prevention

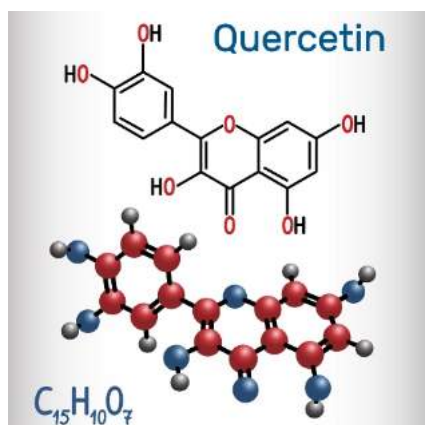


The Super Heroes for Enhanced Immunity, Cardiovascular Health and Allergy Prevention

All great superheroes have a partner to give them that extra advantage of power and success! It should be no surprise that the body also has its superheroes that provide strength and protection against invaders of all kinds!

Two exceptional superheroes are the polyphenol, quercetin and the essential mineral, zinc. On their own, they are powerful protectors of your health but when they are combined, they take on truly superpowers for strengthening your immune system. They also protect your cardiovascular system, and inhibit histamine reactions for allergy control.

Quercetin Stops Viruses



Quercetin (flavonoid) molecule.

While quercetin may not be quite as well-known as other immune-strengthening ingredients, it is found in many foods. Quercetin is a flavonoid polyphenol compound found in apples, grapes, onions, tea, and various herbs. Quercetin is known to be beneficial due to its antioxidant properties. As well it acts as a free radical scavenger helping to reduce cellular damage. There's no doubt that a diet rich in quercetin containing foods helps you stay healthy. But when taken as a supplement it becomes a super-powerful natural medicine for enhancing your immune system and fighting viral infections.

Scientific studies show that quercetin is effective for the prevention and treatment of a wide range of viral infections, including upper respiratory tract infections. It packs another wallop by preventing viruses from replicating. It was found to inhibit the replication of rhinovirus, the virus responsible for the common cold, within 24 hours.

Quercetin Protects your Cardiovascular System

Quercetin is a powerful protector of your heart and circulatory system. It protects your cardiovascular system in many important ways. Quercetin reduces high blood pressure, lowers cholesterol and blood lipid levels, and maintains antioxidant levels in the heart's cells. It also protects the heart from environmental toxins and free radical damage and prevents the hardening of the plaques on the inner walls of the arteries and blood vessels. Another vital action of quercetin is its ability to interfere with the biological pathway that leads to inflammation in the heart and blood vessels.

Quercetin is a powerful protector and healer of your veins. It helps to strengthen the walls of the veins enabling blood to flow smoothly. Quercetin works to completely reduce and prevent blue and swollen varicose veins, as well as spider veins.



Quercetin as a Natural Antihistamine for Allergies

Forget those over-the-counter medications for allergies that cause annoying side effects such as insomnia, brain fog, fatigue, dizziness, nausea and increased heart rate. Quercetin is your superhero antihistamine!

Quercetin stabilises mast cells that release histamine, the principal mediator of reactions to pollen and other allergies, making it a natural antihistamine. It is used to treat symptoms of hay fever such as runny nose, watery eyes, and itching, as well as other forms of allergy and hives. Quercetin's ability to balance inflammatory and immune cytokine activity means it can be a valuable ally in treating autoimmune conditions, too.

Various health benefits of quercetin are:

- ⌚ Due to its antioxidant properties, quercetin protects against free radicals in the body.
- ⌚ It relieves hay fever or allergy symptoms as it has anti-histaminic properties as well.
- ⌚ It may lower blood pressure by relaxing the blood vessels.
- ⌚ Quercetin may help in reducing inflammation.
- ⌚ It lowers the risk of developing cardiovascular diseases like stroke and other heart ailments.
- ⌚ It has anti-cancer properties preventing the growth and spread of tumours in the body.
- ⌚ Quercetin may also help prevent neurodegenerative diseases like Alzheimer's disease and Parkinson's disease.



The Power of Zinc

Zinc is a vital nutrient essential for various body functions. Since it is an essential nutrient, one must obtain it through food or supplementation because the body cannot store zinc. It is found in various food sources like whole grains, milk products, red meat, and poultry.

Zinc is essential for the growth and development of the body and improves immunity. It plays a vital role in several body functions including enhanced wound healing, gene expression, protein and DNA synthesis, and enzymatic reactions which take place within the body. Zinc is also well-known to protect the body from viruses.

Various health benefits of zinc are:

- ⌚ Zinc is well-known for its ability to strengthen the immune system.
- ⌚ It facilitates wound healing by playing a significant role in controlling inflammation and collagen synthesis.
- ⌚ It helps treat acne by reducing swelling, suppressing oil glands, and inhibiting bacterial growth.
- ⌚ Zinc reduces inflammation by keeping a check on inflammatory proteins and oxidative stress.
- ⌚ It helps in reducing diarrhoea symptoms in kids who have a zinc deficiency.
- ⌚ It lowers the risk of age-related macular degeneration.
- ⌚ Zinc also prevents skin conditions like sunburn and diaper rash in babies.



The Dynamic Duo of Quercetin-Zinc in Action

The COVID-19 pandemic has made us all realise that a robust immune system is essential to stay healthy. While quercetin and zinc provide many health benefits individually, recent studies have proven that when combined, they truly become powerful superheroes for health! A nutritional formula that combines zinc and quercetin will exponentially boost the body's immune system. As a dynamic duo, they provide a greater level of protection against infections and, especially, viruses.

Why does this dynamic duo work better together than individually?

Quercetin is an ionophore (An ionophore is a compound that can transport ions like zinc across biological cell membranes). Quercetin is responsible for carrying zinc across the cell wall from the outside of the cell to the inside. For zinc to exhibit its anti-viral effects, it is vital that it reaches the centre of a cell where viruses replicate. As the cell wall barrier does not allow zinc ions to enter the cell easily, it requires the help of ionophores like quercetin to cross that barrier and work against the virus.

A study published in 2016 was conducted to check if polyphenols like quercetin can form complexes with zinc and transport it across the cell wall barrier. The results confirmed that quercetin can, indeed, bind to zinc to form complexes that easily pass through any lipid membrane.

As an anti-viral, the major benefit of taking quercetin with zinc is that quercetin will push zinc into the centre of the cell where the zinc can stop the virus from reproducing. The benefits of zinc supplementation along with zinc ionophores like quercetin to prevent and treat COVID-19 and other respiratory tract infections are supported by countless studies.

The Liposomal Advantage

When considering a quercetin and zinc supplement, it is also important to choose a product that will be well absorbed. The best way to ensure optimal

absorption is to take a supplement that has a liposomal delivery system. When the active ingredients in a liposomal form are transported with the protective lipid encapsulation, they have greatly enhanced bioavailability and increased absorption. This means that your cells receive more of the essential nutrition that they need!

Liposomal Quercetin and Zinc

The powerful antioxidant, immune-enhancing abilities and anti-viral effects of the dynamic duo of liposomal quercetin and zinc, truly make them the superheroes of these times. And since quercetin and zinc are safe and time-tested dietary supplements, they should be considered an essential part of everyone's nutritional supplementation program. Who doesn't want superheroes looking after them!



Sherrill Sellman, ND is a best-selling author, contributing health writer, lecturer and host of two weekly podcasts. Subscribe to her podcasts at www.drsherrillsellman.com.

Editors Diet Tips Fruit and vegetable are natural sources of Quercetin. Some foods you can add to your diet that contain quercetin are red apples; grapes; berries; cherries; citrus fruits; scallions; kale; tomatoes; broccoli; brussels sprouts; cabbage; shallots. Capers are one of the most concentrated sources and the humble red onion has the highest level of quercetin in the vegetable group. Black tea, green tea and elderberry tea also are natural sources of quercetin.



Special Offer to Conscious Living Magazine Readers

Buy Liposomal Quercetin & Zinc 200ml for \$48.95 [Click Here](#)