

## Get Rid of Seasonal Allergies and Breathe Freely Again



Are you one of many people with seasonal allergies? If so, then quercetin may be right for you. Quercetin is a flavonoid, a class of antioxidants most commonly found in citrus fruits. There are quercetin supplements that are citrus free sourced for individuals who are allergic to citrus fruits. It counters allergies by blocking enzymes that create inflammation. Quercetin also blocks signalling molecule histamine from being released in the body. Histamine is the reason why allergy sufferers get the unwanted symptoms!

Aside from allergies, quercetin is also beneficial for pain and inflammation, lowers the risk of heart disease, and prevents complications associated with diabetes. To learn more, visit [Vita-Plus](#) and one of their friendly staff will be happy to assist you.