AgelessCoach™
AGE STRONG. LIVE LONG.

The Quercetin Food Plan

Four steps, every box checkable. Seven foods first, the bottle last.

CHECKED AGAINST TIER 1 GUIDANCE NIH LIVERTOX · NCCIH · NIH OFFICE OF DIETARY SUPPLEMENTS · MEDLINEPLUS

1 PUT THE SEVEN FOODS INTO YOUR WEEK

- ○ **Produce aisle:** onions, apples, berries, broccoli, asparagus, green beans, tomatoes.
- ○ **Two of the seven a day** is a realistic target. Tick them off: _____
- ○ **Onions are the workhorse.** They go into almost anything you already cook.

2 KNOW WHAT THE TRIALS HAVE NOT SHOWN

- ○ **NIH LiverTox:** extracts have not been shown effective in trials for any medical condition.
- ○ **NCCIH:** the food pattern tracks with lower risk. The supplements have not repeated it.
- ○ **Purified chemicals** may act differently in the body than the same thing inside food.

The people who did better were eating the foods. That is the finding, and it is a strong one. It is not the same finding as the bottle.

3 CHECK THE CAUTIONS BEFORE ANY CAPSULE

- ○ **Large amounts** of antioxidants may interfere with normal cell defense and signaling.
- ○ **In cancer treatment?** Check with the team managing it before you start.
- ○ **Pregnant or nursing?** Ask your health professional first.

4 ADD A CHARACTERIZED CAPSULE IF YOU WANT ONE

- ○ **Form named · amount per serving printed · NSF or USP mark.**
- ○ **Serving size checked:** label directions are often more than one capsule a day.
- ○ **No proprietary blend.** If the amount is hidden, put the bottle back.

THE LABEL TEST, RANKED

Form named on the front	**KEEP**
Amount per serving printed	**KEEP**
NSF or USP mark	**KEEP**
Proprietary blend	**SKIP**
Disease claim on the front	**SKIP**

ASK FIRST IF

You take prescription medicines, you are pregnant or nursing, or you are in cancer treatment. NCCIH says check with the team managing it.

BEYOND THE BOTTLE · YOUR PLATE, YOUR NUMBERS, YOUR WHY

DIET VERSUS BOTTLE *- the gap is the whole story*

WHERE IT COMES FROM	TYPICAL DAILY AMOUNT
A normal Western diet	4 to 40 mg
A common supplement	500 to 1,000 mg

Both figures are from the NIH LiverTox review. The diet amount is the one the population studies were measuring.

THE SEVEN FOODS *- what one serving looks like*

Onions	1/2 cup chopped	**1 serving**
Apples	1 medium	**1 serving**
Berries	1/2 cup	**1 serving**
Broccoli	1/2 cup cooked	**1 serving**
Asparagus	1/2 cup cooked	**1 serving**
Green beans	1/2 cup cooked	**1 serving**
Tomatoes	1 medium	**1 serving**

LiverTox names these as high concentration sources. Amounts vary by variety and season, which is why this plan counts servings, not milligrams.

WHY THE FOOD VERSION IS THE ONE WITH EVIDENCE *- why the habit is worth it*

- ✓ 95 observational studies, more than 2 million people
- ✓ Higher fruit and vegetable intake, lower cardiovascular risk
- ✓ Lower cancer risk across the same review
- ✓ Whole foods carry mixtures, not one purified chemical

NCCIH's own explanation: the benefit may come from other substances in these foods, or from the habits that travel with eating them. That is an argument for the plate.