



## Rutin is important

- It has anti inflammatory activity
- It has anti oxidant activity
- It inhibits lipid peroxidation
- It supports the repair of blood vessels
- It reduces the cytotoxicity of oxidized LDL cholesterol

Rutin is a naturally occurring Bioflavonoid.

This flavonol glycoside is comprised of Quercetin and Rutinose.

## The Benefits of Rutin:

Almost all of its actions are due to the release of Quercetin when it reaches the colon. It has anti-inflammatory, anti-allergy and immunomodulating activity. Rutin is useful in the management of venous edema and capillary fragility.

Rutin inhibits platelet aggregation, as well as decreasing capillary permeability, making the blood thinner and improving circulation. Rutin also strengthens the capillaries. It helps to prevent venous edema of the legs. It reduces the cytotoxicity of oxidized LDL cholesterol.

Most of Rutin's benefits can be attributed to it's anti oxidant activity. It can chelate metal ions, such as ferrous cations, which can generate reactive oxygen species. It inhibits lipid peroxidation and protects against some toxins.

Rutin inhibits aldose reductase activity. Aldose reductase is an enzyme normally present in the eye and elsewhere in the body. It helps change glucose into a sugar alcohol called sorbitol.

Rutin has been used for hemorrhoids, varicosis, and microangiopathy.

**Warning:** Rutin should not be used by women who are pregnant. It may react with nitrates and nitrites to form potentially mutagenic substances.

By John W Jones, MD, MPH  
Nutritional Consultant for Nutrition Pure and Simple  
[www.jjconsulting.net](http://www.jjconsulting.net)

**Supplement Facts:** Serving Size: 1 Capsule, Servings per Container: 120  
Each capsule contains 375 mg Rutin

Other Ingredients: Magnesium stearate, gelatin.

Suggested Use: Take 1 capsule A.M. and P.M. or as directed by a health professional.

*The ingredients in this product are supplied by well respected USA and/or European vendors and all are analyzed for purity and quality.*

How Rutin is Supplied: VMRU Bottles of 120 Capsules



Phone: 888.953.5553  
[www.nutritionpureandsimple.com](http://www.nutritionpureandsimple.com)

*These statements have not been evaluated by the Food and Drug Administration  
Products are not intended to diagnose, treat, cure, or prevent any disease*