

# HERBALIST

## Flavonoids and Vitamin C

Flavonoids (or bioflavonoids as they are also known) are the substances found in plants that are responsible for the coloring of fruits, flowers, vegetables and herbs. When flavonoids are incorporated into our diets we gain many health benefits.

Popular for their anti-allergic, anti-cancer, anti-inflammatory and immune boosting abilities, flavonoids are also potent anti-oxidants and assist the body in preventing damage to the cells, protecting them from oxidative and environmental damage, deterioration and the resulting visible signs of aging.

Flavonoids also improve absorption of Vitamin C in the body and are included in Vitamin C complexes and multi-vitamin formulations for this reason.

Rutin and Hesperidin are two flavonoids found in plentiful supply in grapefruit, mandarins, lemons, oranges and other citrus fruits. They are the most active of the citrus flavonoids also contributing to the integrity of blood vessels, capillaries, and collagen and to help prevent bruising.

Rosehips (*Rosa canina*), the nutritious part of the rose plant is popular as an Herbal tea or syrup. It also contains flavonoids as well as high levels of Vitamin C, a perfect combination when wanting good Vitamin C intake and anti-oxidant protection for the skin and many other ailments. The bright orange to deep red rosehips are dried and ground for use in a variety of preparations, especially for the skin and wound healing, immunity and cardiovascular health.



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