General Health Benefits of Bioflavonoids

As noted above, all flavonoids are potentially useful as antioxidants, antivirals, anti-bacterials and anti-inflammatory. These properties provide you with the specific potential benefits of bioflavonoids such as:

• lower cholesterol level
• enhance the absorption of Vitamin C (one of the body’s major antioxidants)
• help in the production of bile for fat digestion
• preserve the structure of capillaries (stronger blood vessels)
• improved circulation
• help in the absorption of Iron
• relief from asthma
• relief from allergy symptoms
• protection against cancer
• protection against infections (anti-viral/anti-bacterial)
• protection against cavities
• prevention of gum disease
• improved liver function
• improved brain function
• younger-looking skin
• relief from haemorrhoids
• treatment and prevention of menstrual disorders
• improved vision and prevention of eye diseases & cataracts
• removal of heavy metals from your body

Bioflavonoid Requirements:

- Bioflavonoids enhance the action of vitamin c and for this reason they should be taken together
- A daily intake of vitamin C and bioflavonoids may make you less susceptible to cold sores
- Bioflavonoids are effectively used in the treatment of sport injuries as they are pain relieving, they are also used for relieving pain in the legs, across the back and can lessen the symptoms of prolonged bleeding, a low serum calcium as well as oral herpes.
- This nutrient acts together with vitamin C to help maintain the thin walls of the capillaries, therefore preventing bleeding or bruising

Examples of Bioflavonoids & Dietary Sources

Individual flavonoids are categorized in a variety of ways, sometimes overlapping categories. Although they are all structurally related, they do different jobs. Here are the most well-known flavonoids and some of their uses. Click on the text links to get more details on any specific one:

Examples of Types of Bioflavonoids:
Anthocyanins — good for circulation, vision and brain function. Abundant in acai berries, goji berries, mangosteen and noni.

Hesperidin — an antiviral flavonoid and effective histamine-blocker; works in tandem with vitamin C.

Rutin — good for circulation, younger-looking skin and a host of other benefits; works in tandem with vitamin C.

Quercetin — a powerful antioxidant, anti-inflammatory, circulation booster and much more: works in tandem with vitamin C.

Curcumin — antioxidant, anti-inflammatory and anti-carcinogenic nutrient; source of the spice turmeric.

Examples of Herb Sources of Bioflavonoids:

Note: Bioflavonoids are active ingredients in many herbal products. The medicinal properties of many herbal products comes from bioflavonoids. These include all of the following, plus many others:

Ginkgo Biloba — improves circulation, brain function, memory, promotes eye health.
Pycnogenol — contains a mix of different types of antioxidants, making it very versatile.
Resveratrol — antioxidant found in red wine, promotes cardiovascular health and may have life-extension properties.
Bilberry — Best supplement for eye health; also improves circulation.
Milk Thistle — source of the antioxidant silymarin, strengthens and detoxifies the liver.

Other Herb Sources:

Buckwheat greens, elder berries, hawthorn fruits, rose hips, horsetail, shepherd’s purse, chervil

Examples of Food Sources of Bioflavonoids:

kale, then garlic, spinach, Brussels sprouts, broccoli, beets, citrus pulp and rind (white material just beneath citrus peel), peppers, pine bark, eggplant, flaxseed, soybeans, onions, garlic, green tea, buckwheat, and foods high in Vitamin C: grapes, oranges, grapefruits, tomatoes, lemons, plums, papaya, blue and red berries, cherries, apples, apricots

Bioflavonoid Health Benefits in Menopausal Women:

- restore vaginal lubrication
- decrease or end hot flashes
- improve pelvic tone
- improve liver activity
- strengthen the bladder
- lower risk of stroke & heart attack
- reduce water build-up in tissues
- reduce muscle cramping
- ease sore joints
- improve resistance to infection

Sources:
http://www.anyvitamins.com/bioflavonoid-info.htm
http://www.susunweed.com/herbal_ezine/September04/menopausal.htm