

Vital Nutrients BCQ® | Unique Inflammatory Support*



Inflammation is the common denominator for a host of medical conditions: whatever “-itis” you may suffer from, as well as conditions that damage the heart, circulatory system, brain, liver, lungs, and kidneys. Even excess exercise generates it. That’s given rise to the term “Inflammaging”. Therefore it’s vital to try to keep inflammation under control. Here are some nutraceuticals with proven anti-inflammatory benefits:

–Dr. Ronald Hoffman

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Knowing how to support your natural immune function in this modern world can be challenging. Many factors impact immune health, such as sleep, nutrition, and stress, to name a few.

In this article, we share the specifics of how **Vital Nutrients BCQ®** supplement

provides immune system support to help you face each day's unique challenges.* Known as a leader and innovator in the supplement healthcare field, *Vital Nutrients* has been producing science-backed, clean, and meticulously crafted formulas for 30 years.

In this article, we'll explore the unique ingredients in *BCQ*[®] and how they can help support immune system function, particularly natural inflammatory processes in the body.*

What is *BCQ*[®]?

BCQ[®] is a dynamic herbal blend strategically formulated to support healthy immune, digestive system, and inflammatory responses. The unique combination of herbs features *Boswellia*, *Bromelain*, *Curcumin*, and *Quercetin*.*

How the Ingredients Support Balanced Inflammation Processes*

BCQ[®] combines a powerful blend of four synergistic herbs with a long history in traditional medicine health practices. These ingredients may support healthy inflammatory, immune, histamine, mast cell, and antioxidant responses. They may also help to support healthy connective tissues and your body's response to pain initiated by inflammatory responses and due to daily activities.*

Boswellia gum extract (standardized to 30% organic acids) is highly valued in Ayurvedic medicine. Boswellic acid triterpenes are active compounds shown to support a balanced inflammatory response by inhibiting pro-inflammatory enzymes such as TNF-alpha and IL-1beta. (1)*

Boswellia may also selectively inhibit 5-lipoxygenase, contributing to a balanced inflammatory response in the joints and cartilage. It has also been shown to support normal intestinal motility to positively affect gastrointestinal function. (2)*

Boswellia gum extract may also work by upregulating NRF-2 pathways. Studies show that the upregulation of NRF-2 pathways can support antioxidant activity in the body for a balanced response to oxidative stress. (3)*

Bromelain is a group of proteolytic enzymes derived from the pineapple plant that help break down proteins from food, aiding digestion. However, the benefits are not limited to the digestive tract.*

Bromelain supports the endogenous removal of waste byproducts, which can build over time in joint and connective tissues. Studies have indicated *bromelain* may also help modulate cytokine, prostaglandin, and COX-2 synthesis, prominent factors in a balanced inflammatory response. (4)*

Bromelain supports joint and muscle health through several mechanisms of action. These mechanisms include influencing fibrinogen activity involved in healing and bradykinin, which plays a role in prostaglandins and nitric oxides, known vasodilators. (5)*

Finally, bromelain may influence immune complexes associated with pain pathways and help to support capillary flow by modulating kinins and fibrins. (5)*

Curcumin (standardized to 85% total curcuminoids) is an antioxidant derived from turmeric and is responsible for turmeric's yellow color. Curcumin has several actions, including: (6)*

- Healthy responses to free radical damage and oxidative stress.*
- Healthy responses to discomfort; inflammatory balance.*
- Immune-modulating properties.*
- Influencing various inflammatory enzymes, such as COX2 and LOX5, and compounds, such as NF-KB and mTOR, which have influential immune and inflammatory-modulating properties.*

Interestingly, curcumin has been shown to support the balance of beneficial gut bacteria strains such as *Bifidobacteria* and *Lactobacilli*. A healthy gut microbiome is critical for gut-brain axis homeostasis and for supporting the healthy function of molecular pathways involved in intestinal and systemic inflammation. (7)*

Quercetin dihydrate is a potent bioflavonoid that can support the immune system and healthy inflammatory pathways. Quercetin has been shown to help stabilize mast cell activity, which can help support nasal and sinus comfort. (8)*

Quercetin may also help support proper enzymes and physiologic factors needed for respiratory and sinus health, including mediating the release of cytokines and histamine. Its lipophilic properties allow it to cross the blood-brain barrier. Quercetin supports natural intestinal barrier function by promoting tight junction assembly. (9)*

BCQ® contains quercetin derived from *Sophorae japonica*, standardized to 95% flavonoid.

What Makes BCQ® Unique?

BCQ® by Vital Nutrients is a unique herbal addition to your immune health arsenal. This scientifically formulated, clinically relevant combination of herbs provides antioxidant support and immune health year-round. The unique formulation was meticulously developed to create a synergistic effect that balances and supports the immune system's initiation and resolution phases of inflammatory system response.*

Vital Nutrients manufactures non-GMO supplements that are available to healthcare professionals and directly to consumers. They test their products above industry standards for potency, purity, and common allergens.

If you are looking for more from your immune supplements, shop **Vital Nutrients immune health supplements**.*

References

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