

Lee can't say for sure yet whether quercetin can halt neurodegeneration in people. Clinical trials or studies of large populations are needed to see whether his lab results hold up in the real world.

In the meantime, though, Lee heartily recommends apples for everyone. Given the potential benefits of quercetin, plus the other nutritious qualities of apples, he suggests that people add an apple to the mix of fruits and vegetables that they eat each day.

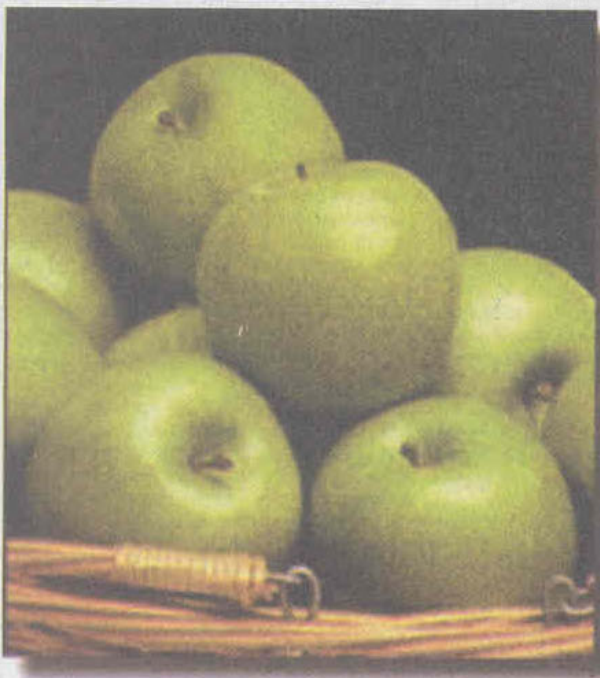
"One apple a day provides a significant amount of quercetin and flavonoids," he notes. The exact quantity of quercetin in an apple varies depending on the year, season and region the apple was grown in. But all apples -- from red delicious to fuji -- have a large amount.

Choose a fresh apple over applesauce or apple juice for a snack, Lee suggests, since quercetin resides primarily in the skin of the fruit. "Processed food may always have a chance to lose active compounds," he adds.

He also warns against supplements, because large doses of purified quercetin may prove dangerous. And it may turn out that quercetin works best just as nature intended it to be consumed -- in concert with other substances in whole foods.

Although Lee has devoted the past 20 years to studying apples, he admits that quercetin also shows up in blueberries, cranberries and onions. "But how much onion can you eat per day?" he asks.

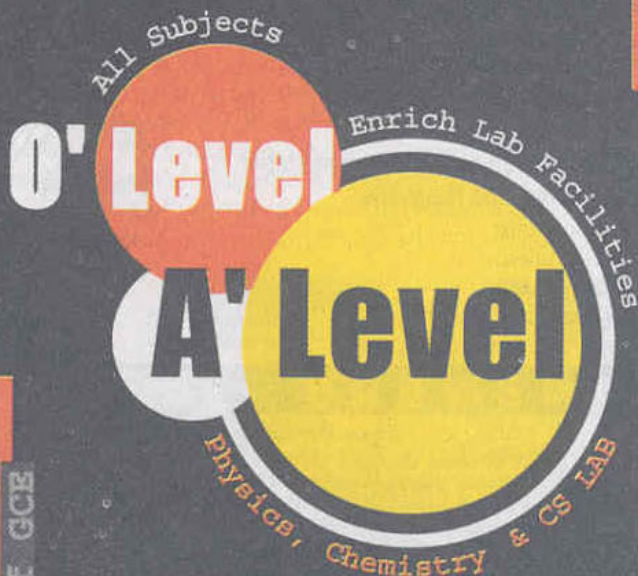
Source: MSN



# Delta School

Intellect acuity

Let Your Eyes Believe,  
You Are in Your Own Exam Venue!



Earn The Best Value of GCE

Mathematics	Accounting
Chemistry	Economics
Biology	Business Studies
Law	Computing Studies

Entry Requirement  
**O' Level / SSC**



Hot Line : 0152 400542, 0173 003299  
Phone : 914 5566, 911 9576

#### O/A Level Branch

Unique Trade Centre (UTC),  
Level 13 & 15, Panthapath, Dhaka.

#### PG to Std VIII Branch

49, Satmasjid Road,  
Dhanmondi, Dhaka.