

Rutin Powder

100 grams

Item Catalog Number: 00139

Rutin is a flavonol, a subclass of the flavonoids found in concentration in buckwheat.²⁴⁹ Often used along with other bioflavonoids to help strengthen capillaries, it may be helpful for those who bruise or bleed easily.²⁵⁰⁻²⁵⁴ Rutin can help to maintain cholesterol levels already within normal range and help maintain a healthy heart.^{255,256}

References

Supplement Facts

Serving Size 1/4 rounded teaspoon (approximately 0.6 g)

Servings Per Container 166

Amount Per Serving

Rutin

600 mg

Other ingredients: none.

This product contains NO milk, egg, fish, peanuts, crustacean shellfish (lobster, crab, shrimp), soybeans, tree nuts, wheat, yeast, gluten, corn, or rice. Contains NO sugar, and no artificial sweeteners, flavors, colors, or preservatives.

Dosage and Use

- Mix 1/4 rounded teaspoon one to three times daily, with or without food, or as recommended by a healthcare practitioner.

Warnings

- Keep out of reach of children.
- Do not exceed recommended dose.
- Do not purchase if outer seal is broken or damaged.
- If you have a bad reaction to product discontinue use immediately.
- When using nutritional supplements, please consult with your physician if you are undergoing treatment for a medical condition or if you are pregnant or lactating.

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