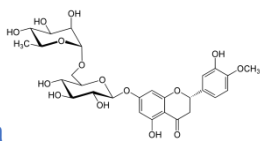




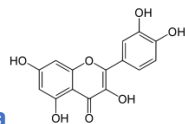
**EsperiVit**® Q 100 (Vanda Omeopatici s.r.l., Frascati, tel. 06 79312185) è un nuovo integratore alimentare in compresse orosolubili contenente 100 mg di **Esperidina**, 100 mg di **Quercetina** e 50 mg di **Vitamina C**, che contribuisce alla normale funzione del sistema immunitario. Come integratore alimentare non può vantare proprietà terapeutiche, ma supporta l'organismo in condizioni di aumentato fabbisogno di particolari sostanze. Qui una breve rassegna delle attuali conoscenze sulle varie sostanze componenti, testo riservato a Medici, Oper. Sanitari e Farmacisti.



## Esperidina

È un flavanone glicoside presente negli agrumi, in dosi tra 10 e 30 mg per 100 grammi di frutto [1-3].

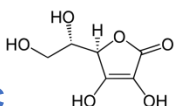
- Studi "in silico" (simulazione delle interazioni molecolari) hanno identificato l'esperidina come il flavonoide candidato per inibire il legame del virus SARS-CoV-2 ai recettori cellulari ACE2 e la proteasi maggiore responsabile della replicazione virale [4-7], confermando le capacità antivirali già segnalate in precedenza con virus SARS [8].
- Promuove l'equilibrio redox della cellula [9, 10] contrastando lo stress ossidativo [11-13].
- Modula le reazioni infiammatorie e immunitarie [14-17]
- Effetti benefici sul metabolismo glucidico, i vasi sanguigni la pressione del sangue [18-25].
- Sicurezza e buona tollerabilità fino a dosi molto elevate [26, 27]



## Quercetina

È uno dei flavonoidi più abbondanti, con un consumo medio giornaliero di 25-50 milligrammi [28]. Si trova in vari alimenti come capperi (233,8 mg/100 g), cipolla bianca (8,1 mg/100 g), cipolla rossa (31,8 mg/100 g); Piselli (14,3 mg/100 g) [2].

- Dimostra un'attività antivirale dose-dipendente *in vitro* contro vari virus [29]. È un candidato per bloccare la proteina "Spike" [29, 30] e ha affinità per le proteine chiave coinvolte nel ciclo infettivo dei SARS-coronavirus, come PL(pro), 3CL(pro), [6, 31-33], con interazioni diverse rispetto a esperidina. Interferisce con l'espressione di proteine necessarie all'infezione di virus influenzali e coronavirus [30, 34, 35]
- Effetti benefici nella sindrome metabolica [36-38], ipertensione [39], dislipidemie [40, 41], allergie [42], malattie infiammatorie croniche [43, 44]. Inibisce il rilascio di istamina dai basofili umani *in vitro* [45].
- È ipotizzabile che durante e dopo l'assunzione nel cavo orale e nel tratto digerente sia presente una dose elevata di flavonoidi, costituendo così un ostacolo locale all'ingresso del virus in questi siti dell'organismo [46-48].



## Vitamina C

Presente in molti frutti, tra cui gli agrumi (30 mg in 100 ml di succo di arancia) [2]

- Ha capacità antiossidanti [49, 50] e molti effetti benefici sull'organismo e contribuisce alla normale funzione del sistema immunitario, soprattutto nelle persone esposte a brevi periodi di stress, esercizio intenso o in un ambiente freddo [51, 52]. Sinergizza con la quercetina proteggendola dall'ossidazione [53].
- Considerando il basso costo e l'elevata sicurezza degli alimenti naturali ricchi di vitamina C, è stato suggerito che potrebbe essere utile valutare se aumentare l'assunzione giornaliera di questi alimenti in condizioni di rischio di infezioni respiratorie [54-56].

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