

Fact Sheet



ATSALI™ ALLERGY RELIEF

- Eases allergy symptoms
- Regulates immune system during, and prior to allergy season
- Acts as a preventative during cold and flu season, travel, or other stressful times
- Beneficial for ongoing immune and respiratory support

Atsali™ quiets common allergy symptoms such as sneezing and runny, itchy nose, throat, eyes and ears caused by environmental allergens (tree and grass pollen, mold, pets, etc.). Because Atsali™ regulates the immune system, strengthens the respiratory systems, and has anti-microbial properties, it can be used to ward off colds and flus during the season, times of stress, or when travelling.

Zoi Medicinals™ tinctures are alcohol (27%) and vegetable glycerin (10%) extracts of non-toxic herbs. All herbs used in the manufacturing of Zoi Medicinals™ products have been tested for heavy metals, bacteria, fungus, and pesticides.

How to use Atsali™

- At first sign of allergy symptoms, take hourly, up to 7 doses a day.
- Four to six weeks prior to the onset of your allergy season, take standard dose.
- During cold and flu season, travel, or times of stress, take standard dose.

Dosage

Liquid formulas are rapidly absorbed by the body and should be taken by mouth. Hold under the tongue a few moments prior to swallowing; or take in a small amount of water or juice. If alcohol content is a concern, a standard dose (1.5 ml) in one cup of water dilutes the alcohol content to less than 0.5%, or formula can be added to hot tea (alcohol will evaporate) and drink once cooled.

The standard, adult dose is three droppers full (1.5 ml) three times a day, or as directed by your health care professional. One full compression of the dropper bulb is a dropper full (the dropper may not appear “full”).

- Standard adult dose (100-150 lb) – 3 droppers full (1.5 ml), three times a day.
- Standard adult dose (>150 lb) – 4 droppers full (2.0 ml), three times a day.
- Standard child dose (30-100 lb) – 1 dropper full (0.5 ml), three times a day.

For some, it may take several weeks to notice an effect. Consistency is more important than dose, so take some each day even if you can't keep to a regular schedule. As your body responds to the formula, you may decrease the dose, accordingly.

Cautions

- With minor stomach upset, take with food.
- Do not use if pregnant or breastfeeding, unless directed by your health care practitioner.
- Not to exceed five droppers full at a time.
- Discontinue use if any new symptoms appear, including

symptoms of allergic reaction.

- If experiencing minor headache or other discomfort, reduce the dosage to 1/3 of starting dose. Gradually increase the dosage each day until you reach to the desired dosage.
- Every body is different, as the formula alters internal processes, your best dosage may change (always stay within the recommended dosage range).

Biomedical Details

Atsali™ contains herbs that influence the allergy response in clinical and laboratory studies. Nettle has inhibitory effects on cells and pathways involved in **allergic rhinitis** (1). One clinical study found freeze-dried nettle effective in relieving allergy symptoms with almost half of the patients finding it equally or more effective than their allergy medicine (2). In laboratory studies, other herbs in Atsali™ have effects on histamine release (3, 4) and **reduce overall inflammation**, with distinct action on bronchial inflammation (5,6,7,8). Cordyceps improves immune and respiratory functions (9), and elderberry has been shown in laboratory studies to have **anti-microbial and anti-viral** effects, specifically against the influenza virus (10,11,12,13).*

Ingredients & Traditional Chinese Medicine View

- **Ling Zhi (Reishi Mushroom, *Ganoderma lucidum*)** is slightly warm, enters the HT, LIV, LU, channels; tonifies Heart Qi, nourishes Heart Blood and calms the Spirit, tonifies Lung Qi, transforms Phlegm to stop cough and wheezing, tonifies Qi and nourishes Blood.
- **Xun Ma (Stinging Nettle Leaf, *Urtica dioica*)** enters the LU, LIV, and KI channels; tonifies the lung and skin, purifies and tonifies Blood, Kidney and Liver Yin, transforms Phlegm, and stops bleeding.
- **Mu Dan Pi (Peony Tree Root Cortex, *Cortex radices moutan*)** is slightly cold and enters the HT, LIV, and KI channels; clears excess and deficiency Heat, cools and invigorates Blood, clears Liver Fire, drains pus and reduces swelling.
- **Zi Zhu Hua (Purple Coneflower, *Echinacea purpurea*)** enters the LU and SP channels; purifies Blood, clears toxins, disperses Wind-Heat and releases the Exterior, benefits the stomach.
- **Xin Yi Hua (Magnolia Flower, *Magnoliae lilliflorae*)** is slightly warm and enters the LU and ST channels; expels

- Wind-Cold and unblocks the nasal passages.
- **Jie Gu Mu (Elderflower, *Sambucus nigra*)** enters the LU, KI and BL channels; releases the Exterior, clears Heat, dries Damp, tonifies Lung, expels Phlegm, and eliminates toxins.
- **Dong Chong Xia Cao (Cordyceps Mushroom, *Cordyceps sinensis*)** is slightly warm, enters the LU and KI channels; tonifies the Kidney, strengthens Yang, augments Jing, nourishes Lung Yin, transform Phlegm, and stops bleeding.
- **Gui Zhi (Cinnamon Bark, *Ramulus cinnamomi cassiae*)** is warm and enters the HT, LU, and BL channels; releases the Exterior, assists Yang, adjusts the Ying and Wei, releases the muscle layer, warms the channels and collaterals, unblocks Yang, transforms Qi, thins mucus, supplements the Heart Yang, warms the Yang Qi in the chest, warms and moves Qi and Blood, warms the middle and directs turbid Yin downward.
- **Jie Gu Mu (Elderberry, *Sambucus nigra*)** enters the LU, KI and BL channels; releases the Exterior, clears heat, dries damp, tonifies Lung, expels phlegm, and promotes lactation.

References

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***This product is not intended to diagnose, treat, cure, or prevent any disease.**