



Aller-Aid

Ephedra-Free Sinus Support

HAY FEVER SYMPTOMS

Itchy, watery eyes, runny nose and sneezing.

Aller-Aid will assist in stopping the allergy cascade before it begins as well as manage any inflammation in the process.

Quercetin

Naturally found in onions and strawberries, quercetin is a powerful anti-inflammatory and antioxidant compound that can stabilize mast cells and help prevent the release of histamine in the body.* Histamine is a compound known to cause hypersensitivity reactions, which can lead to allergy symptoms.

Stinging Nettles Leaf

Stinging Nettle contains an array of flavonoids which may provide an antihistamine effect. Double blind research has demonstrated its ability to reduce allergy symptoms including itchy eyes and sneezing¹.

Bromelain

A strong pineapple enzyme, bromelain supports normal mucosal tissue function and enhances the absorption of quercetin². In one double blind study, 87% of those who took bromelain reported good to excellent sinusitis relief compared with 68% of those who received the placebo³.

N-Acetyl L-Cysteine (NAC)

As powerful mucolytic, NAC helps to reduce viscosity (thickness) of mucus.* Double blind research has shown that supplementation with NAC for 60 days can increase mucociliary clearance rate by 35% compared to no improvement in the placebo group⁴.

SUPPLEMENT FACTS

Serving Size: 2 capsules
Servings per Container: 45

	Amount Per Serving	%DV
Vitamin C (Ascorbic Acid)	300 mg	333%
TriQue!™ Quercetin (as Quercetin Dihydrate), N-Acetyl-L-Cysteine, Bromelain Complex	520 mg	*
Stinging Nettle Leaf Powder	400 mg	*
L-Theanine	150 mg	*

* Daily value not established.

Other Ingredients: Vegetarian Capsule (Hyromellose), Maltodextrin, Microcrystalline Cellulose, L-Leucine

Suggested Use: As a dietary supplement, initially take a loading dose of two (2) capsules three times per day for seven to ten days. If acute two to three (2-3) capsules as needed and for maintenance one to two (1-2) capsules a day or as directed by your health professional.

Formulated To Be Free of Allergens Derived From: Wheat, soy, dairy, eggs, fish, crustacean shellfish, tree nuts, peanuts, artificial preservatives, sweeteners, color and flavors.

† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat or cure or prevent any disease.

Sources and Research Abstracts

1. Mittman P. Randomized double-blind study of freeze-dried *Urtica dioica* in the treatment of allergic rhinitis. *Planta Med* 1990;56:44-7.
2. Shoskes DA, Zeitlin SI, Shahed A, Rajfer J. Quercetin in men with category III chronic prostatitis: a preliminary prospective, double-blind, placebo-controlled trial. *Urology* 1999; 54(6): 960-3.
3. Ryan R. A double blind clinical evaluation of bromelains in the treatment of acute sinusitis. *Headache* 1967;7:13-7.
4. Todisco T, Polidori R, Rossi F, Iannacci L, Bruni B, Fedeli L, Palumbo R. Effect of N-acetylcysteine in subjects with slow pulmonary mucociliary clearance. *Eur J Respir Dis Suppl* 1985;139:136-41.

