



RESTORATIVE
FORMULATIONS

Physician Formulated, Clinical Results

R-Hist Px



Formulation Features

- Maintains a healthy immune response
- Supports normal histamine production
- Provides soothing support for healthy sinus function
- Possesses anti-allergy properties

Support for the respiratory system

R-Hist Px is rich in polyphenols and quercetin and has potent antioxidant and anti-allergy activity capable of supporting a proper immune response. This formula also maintains healthy nasal and gastric mucous membrane function and promotes neutrophil and eosinophil activity.

Rosmarinic Acid, which comes from Rosemary (a member of the mint family), is the primary herb around which this formula was designed. Among its numerous biological functions, rosmarinic acid is known for soothing and stabilizing lymphoid tissue in the nasal and gastrointestinal membranes, and also for supporting healthy B and T cell activity in the thyroid.

The powerful antioxidant Quercetin is also included in R-Hist Px for its ability to maintain healthy mast cell activity. We use the naturally occurring water soluble form of plant form Quercetin, which provides for optimal absorption and distribution by the body.

Black Pepper (*Piper nigrum*) was added to increase the absorption of vitamins, minerals, and numerous naturally occurring compounds, and Marshmallow Root was included to act as a soothing and balancing base for the pepper and rosmarinic acid.

Supplement Facts

Serving Size: 2 capsules		Servings Per Container: 37.5	
	Amount Per Serving	% Daily Value	
Rosemary Extract 45:1	560 mg	†	
Stinging Nettle, O	200 mg	†	
Quercetin (Saphora japonica)	100 mg	†	
Marshmallow root, O	50 mg	†	
Licorice root, O	50 mg	†	
N-acetyl cysteine	50 mg	†	
Black Pepper Extract 50:1	10 mg	†	
Minimum Constituent BioMarker Per Dose			
Rosmarinic Acid	250 mg		
Each 2 capsules are extracted from 26,100mg of herbs.			
O=Certified Organic			
† Daily Value not established			

Other ingredients: Vegetable Capsule (cellulose)



Herbal Foundation of "R-Hist Px"

ROSMARINIC ACID

Stabilizes general histamine release and supports healthy B and T cell activity.

QUERCETIN

Helps maintain healthy mast cell activity, and reduce oxidative stress on the lung

STINGING NETTLE

Nettle extract is shown to promote cellular immunity and nonspecific resistance.

95% of our herbs and herbal extracts are certified organic or ecologically wildcrafted.

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Supplementation

- Take 1 to 2 capsules twice daily or as directed by a health care practitioner. Take with food.

Diet & Lifestyle

- Eliminate as much physical, emotional, and environmental stress as possible.
- Exercise moderately for 12-15 minute intervals, 2 – 4 times daily.
- In order to maintain optimal blood sugar levels, eat meals that are balanced in protein and carbohydrates.
- Avoid known allergens.
- Get plenty of rest.

REFERENCES:

Borsuk OS, Masnaya NV, Sherstoboev EY, Isaykina NV, Kalinkina GI, Reihart DV. Effects of plant origin on the development of the immune response. Bull Exp Biol Med. 2011; 151(2):194-6.

Oh HA, Park CS, Ahn HJ, Park YS, Kim HM Exp Biol Med (Maywood). Effect of *Perilla frutescens* var. *acuta* Kudo and rosmarinic acid on allergic inflammatory reactions. 2011 Jan; 236(1):99-106.