

**Suggested use:** As a dietary supplement, take 3 capsules twice a day with a glass of water until symptoms relieved. Then reduce dose as needed for maintenance.

**Allergy Formula:**

- **Stinging Nettle Extract** has been found to relieve allergy symptoms 84% of the time, and was more effective in 48% than over the counter medications.\*
- **Bromelain** is a cysteine protease derived from pineapples. It contains protein-digesting enzymes supporting a decrease in inflammation and reduced swelling in the nasal passages.\*
- **Quercetin** blocks the mast cell release of inflammatory cytokines responsible for allergy symptoms even more effectively than some allergy drugs.\*
- **Butterbur Extract** was as effective as a common allergy drug in patients with seasonal allergic rhinitis. According to the authors, "Butterbur should be considered for treating seasonal allergic rhinitis when the sedative effects of antihistamines need to be avoided." \*
- **Licorice Root Extract** supports the adrenal glands in their production of hydrocortisone which is known to counter allergic reactions.\*

Keep out of reach of children. Store in a cool dry place.

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

# Allergy FORMULA

*Allergy Relief Formula.\**

Dietary Supplement  
60 Vegetarian Capsules

## Supplement Facts

Serving Size 1 Capsules

Serving Per Container 60

	Amount Per Serving	% DV
Stinging Nettle Extract ( <i>Urtica dioica</i> , leaf)	200 mg	**
Quercetin	200 mg	**
Licorice Root Extract ( <i>Glycyrrhiza glabra</i> )	100 mg	**
Bromelain	100 mg	**
Butterbur Extract ( <i>Petasites hybridus</i> , root)	50 mg	**

\*\*Daily Value not established.

**Other ingredients:** Rice Hull, vegetable capsule contains purified water and hypromellose. Manufactured in a facility that processes Milk, Soy, Eggs, Nuts, and Wheat.