



## Allihist Relief

Serving Size 2 Capsules

Servings Per Container 45

Amount Per Serving

Vitamin C (ascorbyl palmitate)	10 mg
Bioflavonoids extract (50% citrus, 35% hesperidin)	200 mg
Nettle leaf/stem ( <i>Urtica dioica</i> )	200 mg
Quercetin	150 mg
Feverfew herb ( <i>Tanacetum parthenium</i> )	100 mg
Rice bran	100 mg
Turmeric root ( <i>Curcuma longa</i> )	80 mg
Ginger root extract ( <i>Zingiber officinalis</i> ) (5% gingerols)	50 mg
Licorice root extract ( <i>Glycyrrhiza glabra</i> ) (4:1)	50 mg
Bromelain	320 GDU
Lipase	50 FIP
Amylase	3,500 SKB
Protease	12,500 HUT
Cellulase	200 CU

**OTHER INGREDIENTS:** Cellulose, silica.

**SUGGESTED USE:** As a dietary supplement, take 1-2 capsules three times per day or as directed by your healthcare professional.

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

# ALLIHIST RELIEF

HERBAL FORMULA TO SUPPORT UPPER RESPIRATORY FUNCTION\*

- Supports healthy sinus and upper respiratory function\*
- Helps the body reduce sensitivity to food, airborne or contact substances\*

**ALLIHIST RELIEF** is a nutritional product specifically designed to reduce allergic symptoms without drowsiness, anxiety, insomnia, rapid heart or irregular heart rate, or benign prostate enlargement.\*

**CITRUS BIOFLAVONOIDS AND NETTLE ROOT (*URTICA DIOICA*)** are examples of two botanicals/plant flavonoids that have been shown to assist in the stabilization of mast cells to help reduce sensitivities to allergenic triggers.\*

**BROMELAIN** is a proteolytic enzyme derived from pineapple. It functions as a natural antihistamine and supports healthy inflammatory responses and mucolytic properties.\* The protease activity of bromelain has been shown to be capable of breaking down and digesting circulating histamine molecules. Its mucolytic activity has been shown to digest and thin mucous, allowing for proper drainage and clearing of the airways and the middle ear. Allihist Relief also provides additional therapeutic enzymes to support the activity of bromelain.\*

**RICE BRAN** provides a source of sterols/sterolins. The nutrients beta sitosterol and beta sitosterol glucoside have been shown to balance T Helper 1 and T Helper 2 cell function. T cells are often imbalanced in allergy patients due to the excessive activity of the T Helper 2 cell fraction. Overactivity of T Helper 2 cells leads to stimulation of excessive antibody production by B lymphocytes/plasma cells as well as increased output of inflammatory mediators (interleukins, tumor necrosis factor alpha, etc.).\*

**TURMERIC (*CURCUMA LONGA*)** exhibits direct anti-inflammatory effects by inhibiting leukotriene formation and platelet aggregation while promoting fibrinolysis.\*

# ALLIHIST RELIEF

## REFERENCES:

1. Taussig S, Batkin S. Bromelain, the enzyme complex of pineapple (*Ananas comosus*) and its clinical application. *An update. J Ethnopharmacol* 22:191-203, 1988
2. Vellini M et al. Possible involvement of eicosanoids in the pharmacological action of bromelain. *Arzneimittelforschung* 36:110-12, 1986
3. Hayes NA and Foreman JC. The activity of compounds extracted from feverfew on histamine release from rat mast cells. *J Pharm Pharmacol* 39:466-7, 1987
4. Mittman P. Randomized, double-blind study of freeze-dried *Urtica dioica* in the treatment of allergic rhinitis. *Planta Med* 56:44-7, 1990
5. Srimal R and Dhawan B. Pharmacology of diferuloyl methane (curcumin), a non-steroidal anti-inflammatory agent. *J Pharm Pharmacol* 25:447-52, 1973
6. Amella M, Bronner C, Briancon F et al. Inhibition of mast cell histamine release by flavonoids and bioflavonoids. *Planta Medica* 51:16-20, 1985
7. Werbach M and Murray M, Botanical Influences on Illness. *Tarzana, CA: Third Line Press, 1994*

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**FEVERFEW** (*TANACETUM PARTHENIUM*) inhibits cytotoxic and chemotactic secretion of polymorphonuclear neutrophils. Feverfew also appears to help reduce the production of prostaglandins PGE2, thromboxane, and leukotrienes.\*

**LICORICE** (*GLYCYRRHIZA GLABRA*) has been shown to extend the life of endogenous cortisol, a major benefit in supporting a healthy inflammatory response. Licorice may also inhibit prostaglandin synthesis by inhibiting phospholipase A2.\*

**GINGER** (*ZINGIBER OFFICINALIS*) is thought to help reduce many inflammatory mediators. Ginger has been used traditionally to support a reduction in painful and inflammatory conditions.\*

**VITAMIN C** (*ASCORBYL PALMITATE*) has long been used to reduce allergic symptoms. In BioAllergy Plus, ascorbyl palmitate was chosen due to its fat-soluble nature. This allows vitamin C to be retained in the tissues for an extended period of time for enhanced tissue stabilizing.\*

**PRECAUTIONS:** AlliHist Relief should not be taken by persons with an active duodenal or peptic ulcer. AlliHist Relief should not be consumed if you are allergic to one or more of its ingredients. Licorice in amounts over 1.5 grams per day should not be taken by persons with diabetes, glaucoma, heart disorders or with history of stroke or hypertension.