



# Aller-Essentials

INTRODUCED 2008

## What Is It?

Aller-Essentials is designed to maintain healthy immune function in response to the environment, including healthy mast cell function, nasal function, histamine release, cytokine balance and immune cell activity.\*

## Uses For Aller-Essentials

**Immune Response:** In a randomized double blind trial involving 75 individuals, *Tinospora cordifolia* provided significant support for a healthy immune response by maintaining normal nasal function as well as healthy neutrophil and eosinophil activity. Beta-1,3/1,6-glucan, a natural polysaccharide extracted from the cell wall of *Saccharomyces cerevisiae*, has demonstrated the potential to support overall immunity and to maintain healthy cytokine balance. A randomized double blind, placebo-controlled trial involving apple polyphenols reveals support for maintaining a healthy nasal lining and nasal function. Quercetin, hesperidin and vitamin C provide additional support for stabilizing mast cells and maintaining healthy histamine production. Nettle leaf offers a history of clinical and traditional use for maintaining healthy immune response in response to environmental triggers.\*

## What Is The Source?

Vitamin C is derived from corn dextrose fermentation. *Tinospora cordifolia* extract is derived from roots and stem and standardized to contain 2.5% bitter principles. Quercetin is derived from Japanese pagoda tree (*Sophora Japonica*) flower buds. Hesperidin methyl chalcone is derived from sweet orange. Nettle extract is derived from *Urtica dioica* L. leaf and standardized to contain 1% silica. Apple extract is derived from *Malus pumila* mill whole fruit and standardized to contain 75% polyphenols. Beta-glucan<sup>†</sup> is derived from *Saccharomyces cerevisiae* (Baker's yeast) and standardized

to contain 60% beta 1,3/1,6 glucan. Maltodextrin is derived from corn. Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil.



## Recommendations

Pure Encapsulations recommends 2-4 capsules daily, in divided doses, with or between meals.

## Are There Any Potential Side Effects Or Precautions?

Beta-glucan, hesperidin and vitamin C have been associated with GI upset. Vitamin C may be contra-indicated for people with a history of oxalate kidney stones. In one clinical trial *tinospora cordifolia* was reported to cause headache in a small number of individuals. Beta-glucan can also cause headache or itching in sensitive individuals. Beta-glucan is contra-indicated in critically ill intensive care unit (ICU) patients. If pregnant or lactating, consult your physician before taking this product.

## Are There Any Potential Drug Interactions?

*Tinospora* and quercetin are contra-indicated with immune suppressive medications. Beta-glucan is contra-indicated for individuals taking monoamine oxidase inhibitor medications (MAOIs). Individuals taking *Tinospora* with hypoglycemic medications may require monitoring. Quercetin may be contra-indicated with certain antibiotics. Consult your physician for more information.

(continued)

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

For educational purposes only. Consult your physician for any health problems.

## Aller-Essentials

two vegetable capsules contain  v 0

vitamin C (ascorbic acid) .....	250 mg.
tinospora cordifolia extract (root and stem) .....	450 mg.
(standardized to contain 2.5% bitter principles)	
quercetin .....	125 mg.
hesperidin methyl chalcone .....	100 mg.
nettle (urtica dioica L.) extract (leaf) .....	100 mg.
(standardized to contain 1% silica)	
apple (malus pumila mill) extract (whole fruit) .....	65 mg.
(standardized to contain 75% polyphenols)	
beta-glucan <sup>†</sup> .....	45 mg.
(standardized to contain 60% beta 1,3/1,6 glucan)	
vitamin C (as ascorbyl palmitate) .....	20 mg.
other ingredients: maltodextrin	

**2-4 capsules per day, in divided doses, with or between meals.**



— Your Trusted Source —