AllerDHQ™

Support for Seasonal Environmental Challenges*

Available in 60 capsules and 120 capsules

Clinical Applications

- Supports Hypersensitive Individuals*
- Supports Nasal and Sinus Passages*
- Provides Antioxidant Support and Protection*

AllerDHQ™ *incorporates bioflavonoids, micronutrients, proteolytic enzymes, and herbs into a comprehensive formula that provides multifaceted support for individuals with immune imbalances. Dihydroquercetin a key component in AllerDHQ, inhibits oxidation, is bioactive, and is highly absorbable. AllerDHQ supports the body's regulating function in addressing an overactive or distressed histamine response that is sometimes brought on by the environment.**

Discussion

Individuals with hypersensitive immune reactions often experience physical, mental, and functional decline, even with a moderate onset of discomfort.[1] **AllerDHQ**™ provides fast-acting, natural support for hypersensitivity reactions, including watery, itchy eyes and runny nose, as well as other manifestations of histamine release. Formulated with a synergistic combination of vitamins, bioflavonoids, amino acids, herbs, and bromelain, AllerDHQ addresses the distressing signs of immune hypersensitivity.*

Vitamin C (ascorbic acid)
Vitamin C is essential to humans and must be obtained exogenously. While most mammals are able to synthesize ascorbic acid, humans lack one of the enzymes required for this process and can quickly become deficient if dietary or supplemental intake is inadequate. Stress, smoking, pollution, and temperature changes increase our requirement for vitamin C. Well-known functions of vitamin C include antioxidant protection from damaging free radicals and the synthesis of collagen, carnitine, and neurotransmitters. Vitamin C also plays a lesser-known role in the deactivation of histamine.*[2,3]

Bioflavonoids
Quercetin, dihydroquercetin (DHQ), and rutin are active bioflavonoids incorporated into AllerDHQ for their role in moderating an exaggerated immune response. Bioflavonoids work synergistically with other antioxidants to protect tissues from the negative effects of oxidation and inflammation often observed during hyperimmune reactions.[4] Immune-moderating effects include inhibition of mast-cell degranulation and prevention of histamine release during hypersensitive episodes.*[1,5,6]

Dihydroquercetin
DHQ supports the activities of other antioxidants, protects erythrocytes and capillaries, supports bronchial function, and assists in chelation of metals.[7] DHQ was also found to moderate pro-inflammatory pathways by inhibiting inducible ICAM-1 expression.[8] The form of DHQ in AllerDHQ is a bioactive, natural form that is significantly more absorbable than quercetin alone. The inclusion of DHQ in AllerDHQ creates a clear advantage over products containing only quercetin, as fewer capsules are required for effective results.*

Rutin
As a source of naturally occurring flavonoids, rutin reduces capillary permeability and edema, which can reduce mucus fluid buildup or "runny nose."[10] Rutin's protective effect against oxidation is amplified by ascorbic acid, also present in AllerDHQ.*[4]

N-Acetyl-Cysteine
NAC is the acetylated form of the conditionally essential amino acid L-cysteine. As a precursor to the "master antioxidant" glutathione, NAC plays a significant role in detoxification and antioxidant protection. NAC also functions as a natural mucolytic, reducing the viscosity of mucus commonly produced during a hyperimmune response.*[11,12]

Nettle Extract *(Urtica dioica* and/or *Urtica urens)*
Nettle leaf has been found to regulate a variety of inflammatory activities associated with hyperimmune response, including mast-cell degranulation, prostaglandin formation, and histamine action.*[13-15]

Bromelain
Bromelain refers to an enzyme complex extracted from the stem and fruit of the pineapple plant (*Ananas comosus*). Its modulation of the inflammatory response is thought to exert a beneficial effect in combating hypersensitive immune reactions, earning it approved status by the German Commission E for "micro-inflammations" and related discomforts.[15,16] Early studies identified its positive effects on controlling edema, tissue permeability, and vasodilation.[17] Bromelain is also found to enhance the absorption of quercetin.*[18]

Research indicates that the natural components in **AllerDHQ**, including vitamin C, bioflavonoids, DHQ, NAC, and bromelain, work synergistically to moderate unpleasant immune reactions.*[1,4]

Antioxidant Activity

Immune System Support

AllerDHQ™ Supplement Facts

Serving Size: 2 Capsules

	Amount Per Serving	%Daily Value
Vitamin C (ascorbic acid)	200 mg	222%
Quercetin (as quercetin dihydrate)(from *Sophora japonica*)(bud)	400 mg	**
Nettle Extract (*Urtica dioica* and/or *Urtica urens*)(leaves)(0.0004% scopoletin)	200 mg	**
Bromelain (2400 GDU/g)(from *Ananas comosus*)(stem)	100 mg	**
Rutin (from *Sophora japonica*)(bud)	100 mg	**
N-Acetyl-L-Cysteine	100 mg	**
Dihydroquercetin	40 mg	**

** Daily Value not established.

Other Ingredients: Capsule (hypromellose and water), dicalcium phosphate, stearic acid, magnesium stearate, silica, and medium-chain triglyceride oil.

DIRECTIONS: Take one to two capsules daily, or as directed by your healthcare professional.

Consult your healthcare professional prior to use. Individuals taking medication should discuss potential interactions with their healthcare professional. Do not use if tamper seal is damaged.

CAUTIONS: Do not use if you are pregnant or lactating.

STORAGE: Keep closed in a cool, dry place out of reach of children.

FORMULATED TO EXCLUDE: Wheat, gluten, yeast, soy, animal and dairy products, fish, shellfish, peanuts, tree nuts, egg, sesame, ingredients derived from genetically modified organisms (GMOs), artificial colors, and artificial sweeteners.

VEGETARIAN CAPS

References

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Additional references available upon request

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All XYMOGEN® Formulas Meet or Exceed cGMP Quality Standards.

***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.**