

Blossoming trees in spring, grass pollen throughout the summer, and weeds during autumn are just some of the culprits behind seasonal allergies. Despite the time of year, dust, mold, and pet dander are among the other allergens that effect people on a daily basis. Often described as a cold that doesn't go away, allergies can have a significant impact on your quality of life and on your long-term health.



The most common allergy symptoms include a runny nose, sneezing, coughing, itchy, watery eyes, congestion and a sore throat; skin rashes and hives can also occur. For some people, a more severe response to allergens will result in constricted airways or asthma. Over time, allergies can contribute to insomnia, fatigue, headaches, ear infections, poor concentration, auto-immune disorders, and chronic inflammation.

What Causes Allergies?

Allergies occur from an abnormal immune system response to what would normally be harmless substances such as pollen, dust and animal hair. In essence, the immune cells become overly sensitive, reacting to these substances as if they were harmful invaders in the body. Originating in the over stimulated mast cells as a neurotransmitter, histamine is an important protein involved in many allergic reactions. As a natural defense mechanism, histamine is released into the bloodstream in an effort to expel allergens through coughing, sneezing, nose

blowing and watering eyes. New research is focusing on the negative effects of long term inflammation in the body, one of the direct results of the histamines released during an allergy 'attack'. It is becoming increasingly clear that allergies have a much more substantial impact on our health and well being and reach a larger group of the American population than previously thought.

There is also a strong connection between allergies and reduced digestive enzymes. Some believe that incompletely digested protein molecules are a culprit. Still, it isn't fully understood why some people develop allergies and others do not. Although allergies can occur at any stage of life, they are thought to be hereditary and most common in childhood. A growing number of previously allergy-free individuals are developing allergies later in life, perhaps due to the digestive changes that come with age. To enhance digestion, a good quality digestive enzyme such as Digest Gold by Enzymedica can be taken with every meal.

How Do Enzymes Help?

Enzymes are unlike over the counter medications that simply mask symptoms and potentially leave you feeling drowsy and unable to concentrate. Enzymes work to support the proper functioning of the immune system and promote digestion, which in turn helps nourish the adrenal glands and the nervous system.

The enzyme amylase has been known to promote balanced histamine levels. Since we're surrounded by potential allergens, supporting the body to avoid reacting to them is essential.

Mucolase is the enzyme that helps to speed the break down and removal of inappropriate mucus. As we all know, excessive mucus production is one of the most problematic symptoms of an allergic response. Protease enzymes also encourage respiratory health by helping the immune system to fight off pathogens that often reside in excess mucus and cause sinus infections.

The Solution

Allerase™ by Enzymedica, contains the highest amount of amylase available. This is accomplished through their exclusive Thera-blend process. This unique process utilizes multiple strains of enzymes which are blended for maximum effectiveness in varying pH levels.

Taken therapeutically on an empty stomach, Allerase is highly effective at overcoming the common symptoms associated with allergies.

Suggested Use: Take 1 capsule on an empty stomach 2 to 3 times per day (30 minutes before or 2 hours after a meal). More may be taken if necessary.

Contraindications: Allerase is not recommended for diabetics who rely on medication. The amount of amylase can elevate blood sugars. Diabetics able to control symptoms through diet (type II) may use Allerase.



Nutritional Information		
Serving Size: 1 Capsule		
Servings Per Container: 60		
Amount Per Capsule		%DV
Amylase <i>Thera-blend™</i>	36,000 DU	*
Protease <i>Thera-blend™</i>	80,000 HUT	*
Invertase	500 INVU	*
Mucolase	15 mg	*
Glucoamylase	50 AGU	*
* Daily Value not established		

This product contains no fillers.

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



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