



Contains herbs to relieve symptoms associated with mild **allergies** such as **sneezing, itchy** and **watery eyes, watery nasal discharge**, mild **food allergies** and **intolerances** in traditional Chinese medicine

KEY BENEFITS

Traditionally used in traditional Chinese medicine (TCM) to relieve mild allergic symptoms including:

- ✓ Sneezing
- ✓ Watery nasal discharge
- ✓ Watery eyes
- ✓ Itchy and dry eyes, nose and throat

Traditionally used in TCM to help relieve symptoms associated with mild food allergies or intolerances including digestive discomfort, nausea, bloating and diarrhoea.

PRODUCT FEATURES

- ✓ Based on a TCM formula called 'Minor Bupleurum Combination'
- ✓ Contains standardised extracts of herbal ingredients

Always read the label. Follow the directions for use. If symptoms persist, worsen or change unexpectedly, talk to your health professional. Made in Australia.

ACTIVE INGREDIENTS

Each vegetable capsule contains extracts equivalent to dry:

Bupleurum (<i>Bupleurum falcatum</i>) root	1.8g
standardised to saikosaponin A & D	5.4mg
Baical skullcap (<i>Scutellaria baicalensis</i>) root	1.25g
standardised to baicalin	100mg
Ginger (<i>Zingiber officinale</i>) rhizome	1.25g
standardised to gingerols	10mg
Korean ginseng (<i>Panax ginseng</i>) rhizome	500mg
standardised to ginsenosides Rb1, Rb2, Rc, Rd, Re and Rg1	5mg
Pinellia (<i>Pinellia ternata</i>) rhizome	500mg
Chinese licorice (<i>Glycyrrhiza uralensis</i>) root and stolon	450mg
standardised to glycyrrhizic acid	5.4mg
Ziziphus (<i>Ziziphus jujuba</i>) fruit	250mg

Suitable for vegetarians and vegans. NO artificial colours, flavours or preservatives, added yeast, gluten, wheat, nuts, dairy or animal products.



DOSAGE

Adults: Take 2 capsules two to three times daily

Child 6-12yrs: Take 1-2 capsules daily

Child 2-6yrs: Take 1/2 – 1 capsule daily

For children 2-6 years mix capsule contents with a little syrup or honey to mask spicy flavour.

CAUTIONS/CONTRAINDICATIONS

- Not recommended during pregnancy and breastfeeding.
- If diarrhoea persists for more than 12 hours in children under 3 years - 24 hours in children aged 3-6 years or 48 hours in adults and children over 6 years - seek medical advice.
- Not to be used in children under two years of age without medical advice. If coughing or other symptoms persist, consult a health professional.

BACKGROUND INFORMATION

ALLERGIES, HYPERSENSITIVITIES AND THE IMMUNE SYSTEM

Our immune system is extremely complex and geared to best protect us from infectious organisms and other foreign threats to the body. In some people, however, the immune system can be hypersensitive to environmental triggers (or allergens) such as food, pollen, animals and other substances.

Upon allergen exposure, immune cells initiate an inflammatory response. This response, known as an allergic reaction is associated with the release of histamine and other chemicals that result in various allergic symptoms. Typical mild allergic symptoms can range from hay fever (runny nose and itchy eyes), hives (skin rash) and digestive symptoms and may be related to conditions such as allergic rhinitis, allergic asthma, atopic dermatitis (eczema) and food allergies. More severe allergic reactions with a sudden onset, such as anaphylaxis, requires immediate medical attention.

TCM AND ALLERGIES

In TCM theory, environmental pathogens can cause symptoms such as sneezing, skin rashes, itchy eyes and digestive upset which are likened to modern day allergic symptoms.

In some people, pathogens can become trapped 'between the interior and exterior' aspects of the body which is characterised by symptoms that come and go. At times, these symptoms will be mainly at the exterior aspects of the body (which according to Chinese medicine include the skin and upper respiratory tract) while at other times, symptoms will dominate the internal organs (e.g. nausea, poor digestion).



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HERBS FOR MANAGING ALLERGY SYMPTOMS

The Allergy formula is based on a well-known TCM formula, 'Minor Bupleurum Combination' (Xiao Chai Hu Tang) that originates as early as 220 AD and has many therapeutic applications. In TCM, it is a key formula that 'harmonises the exterior and interior' aspects of the body.

Korean ginseng has immunomodulatory properties and in TCM is also known to support and tonify *Qi* (loosely translated as energy or physiological function) of the body.

Baical skullcap is traditionally used in TCM to relieve mild allergic symptoms including mucosal inflammation and swelling, sneezing, watery nasal discharge, watery eyes, itchy and dry eyes, nose and throat.

Bupleurum has shown to have hepatoprotective effects *in vitro*. In conjunction with Korean ginseng and Baical skullcap, bupleurum is used in TCM to help relieve symptoms associated with mild food allergy/intolerance including nausea, digestive discomfort, diarrhoea and bloating.

Ginger is used in traditional Western herbal medicine to relieve digestive upset.

Chinese licorice is used in TCM for the relief of bronchial irritation.

Formula is further supported with pinellia and ziziphus.

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COMPANION PRODUCTS

Sinusitis - Contains herbs used to relieve sinus congestion, pain and headache in TCM.

Liver Tonic - With herbs used to support healthy liver & gallbladder function in TCM and WHM.

