

Natural D-Hist

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. The information provided here is intended to help health care professionals make informed decisions about recommending this product safely and effectively.

Natural D-Hist
Product #524

Supplement Facts		
Serving Size: 1 Capsule Servings Per Container: 120		
	Amount Per	% Daily
1 capsule contains	Serving	Value
Vitamin C (as Ascorbic Acid)	150 mg	250%
Quercetin	200 mg	*
Stinging Nettles Leaf Powder	200 mg	*
Bromelain (2400 GDU/g) (from Pineapple)	50 mg	*
N-Acetyl Cysteine USP*	25 mg	*
* % Daily Value not established		

D-Hist Jr.
Product #855

Supplement Facts		
Serving Size: 1 Tablet Servings Per Container: 60		
	Amount Per	% Daily
1 capsule contains	Serving	Value
Vitamin C (as Ascorbic Acid)	75 mg	125%
Quercetin	100 mg	*
Stinging Nettles Leaf	100 mg	*
Bromelain (2400 GDU/g) (from Pineapple)	25 mg	*
N-Acetyl Cysteine USP*	12 mg	*
* % Daily Value not established		

DOSE FORM:

Natural D-Hist, Product #524: Two-piece Vegetable Capsule
D-Hist Jr., Product #855: Chewable Tablet

OTHER INGREDIENTS:

Natural D-Hist, Product #524: Natural Vegetable Capsules. This product may contain one or more of the following: Calcium Silicate, Magnesium Stearate, Microcrystalline Cellulose and Silicon Dioxide.

D-Hist Jr., Product #855: Natural Cane Sugar, Lemon-Lime Flavoring, Vanilla Flavoring, Xylitol, Magnesium Stearate, Stevia Leaf Extract and Cabosil. This product may contain Croscarmellose Sodium.

PRODUCT RATIONALE:

Natural D-Hist is a synergistic formula having mast cell stabilizing activity combined with agents that inhibit the mediation of allergies. Natural D-Hist can be used for seasonal support.

RESEARCH FINDINGS:

Quercetin:

Among the flavonoids, quercetin is one of the most biologically active. It is widely distributed in plants including Oak trees (*Quercus* spp.), onions (*Allium cepa*) and tea (*Camellia sinensis*).

- Quercetin inhibits histamine release from antigen-induced (IgE-induced) mast cells and basophils^{1,2} –related to its ability to block Calcium influx by inhibiting calmodulin activity³.
- Quercetin has in vitro mast cell stabilizing activity greater than sodium cromolyn⁴ (synthetic pharmaceutical mast cell stabilizer).
- Quercetin inhibits lipoxygenase (LOX), platelet aggregation, and mast cell and basophil degranulation. Quercetin is a mast cell stabilizer, keeping histamine and other preformed mediators from being released⁵.

Stinging Nettles:

- Randomized, Double-Blind Study with Placebo: 98 allergy sufferers given placebo or Stinging Nettles- *Urtica dioica* was rated higher than placebo by patients⁶.
- Positive Commission E monograph for use as supportive therapy for rheumatic ailments.
- Potential Mechanisms include:
 1. Inhibition of inflammatory enzymes 5-lipoxygenase and cyclooxygenase⁷.
 2. Inhibition of the pro-inflammatory transcription factor NF-kappaB⁸.

Bromelain:

Bromelain is the term used to describe a group of enzymes derived from the stem and fruit of the pineapple plant (*Ananas comosus*). As a plant enzyme, bromelain has many advantages and uses as a supplement ingredient.

- Bromelain is considered an anti-inflammatory agent due to its ability to inhibit arachidonic acid formation by Phospholipase A⁹. An activity related to its enzymatic degradation of the proinflammatory bradykinin molecule¹⁰.
- Bromelain is believed to increase absorption of other molecules¹¹- including bioflavonoids like quercetin¹².

N- Acetyl Cysteine (NAC):

NAC is used primarily as a precursor to the important antioxidant glutathione¹³; and is also a mucolytic agent- able to breakdown the viscosity of mucus within the lungs- a common cause of allergy related asthma^{14,15}.

DOSE:

Natural D-Hist, Product #524:

Loading Dose: 2-3 capsules three times per day for 7-10 days

Maintenance Dose: 1 or more capsules per day

Acute Flair-up: 2-3 capsules as needed

D-Hist Jr., Product #855:

1-2 tablets two times per day

CONTRAINDICATIONS, ADVERSE OR OTHER REACTIONS:

Mild stomach upset or allergic reaction may occur with any herbal product, move dose closer to meals or cease product if symptoms persist. Patients should ingest a single capsule before ingesting large doses to ensure no reaction will occur with higher doses.

Patients on blood-thinning drugs such as warfarin (coumadin) or heparin should use caution as bromelain may amplify their effects.

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