

NATURAL D-HIST PRODUCT INFO SHEET



Description

Support for those suffering from seasonal allergies.

Ingredients

Quercetin: Among the flavonoids, quercetin is one of the most biologically active. One of the best studied effects of quercetin is its ability to prevent mast cells from de-granulating during an allergic response. In preventing mast cell de-granulation, quercetin prevents the release of histamine, one of the major triggers to the overall allergic response. **Stinging Nettles:** Nettles leaf has been shown to be effective when used for hayfever. **N-Acetyl Cysteine:** NAC is a precursor to one of the bodies most potent anti-oxidants, glutathione. NAC breaks (reducing) the disulphide bonds in mucus of the intestines and especially the lungs, making mucus less viscous. **Ascorbic Acid Vitamin C:** One of the most talked about vitamins in recent decades, vitamin C activity was first identified hundreds of years ago for it's ability to prevent and treat scurvy. There are few conditions for which Vitamin C has not been promoted for, and in many cases had some effect. **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 supplemental ingredient. Bromelain has an "Approved" status by the German Commission E for micro inflammations (allergic reactions, localized internal infections). Other activities associated with Bromelain include inhibition of platelet aggregation, decreasing the viscosity of mucus (mucolytic), antibiotic activity and smooth muscle relaxant.

Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 40

1 capsule contains	Amount Per Serving	% Daily Value
Vitamin C (as Ascorbic Acid)	150 mg	250%
Quercetin	200 mg	*
Stinging Nettles Leaf Powder	200 mg	*
Bromelain (2400 GDU/g)	50 mg	*
N-Acetyl Cysteine USP	25 mg	*

* % Daily Value not established

Other Ingredients: Natural vegetable capsules. This product may contain one or more of the following: Magnesium Stearate, Ascorbyl Palmitate, Microcrystalline Cellulose, and Silicon Dioxide.

Dosage

SUGGESTED USE: As a dietary supplement, Loading Dose: 2 capsules three times per day for 7-10 days. Acute: 2-3 capsules as needed. Maintenance: 1 or more capsules per day or as recommended by your health care professional.

Contraindications

Mild stomach upset or allergic reaction may occur with any herbal product. Move dose closer to meals or cease product use if symptoms persist. Persons allergic to bromelain/pineapple should not use Natural D-Hist. If you are pregnant or nursing, do not use Natural D-Hist. Persons using blood thinning medications should use caution while taking Natural D-Hist.

These statements have not been evaluated by the FDA. This product is not intended to treat, diagnose, prevent, or cure any disease. Consult a physician before taking. Should you experience any serious physical side effects from taking these nutritional supplements, discontinue and call your doctor immediately.