

# SEASONAL ALLERGIES AND HAY FEVER

## Managing your allergy challenges

Seasonal allergies, including hay fever or allergic rhinitis, are inflammatory conditions of the nasal passages that affect a large portion of Americans. For some individuals, allergies are a seasonal manifestation. For others, allergies are a year-round challenge. In addition, hay fever can develop into chronic sinusitis or even asthma in some individuals. Most of these adverse effects are caused by the release of histamine.

.....

**Some of the classic symptoms seen with seasonal allergies are watery, itchy eyes; sneezing; nasal congestion; dark circles under the eyes; excessive mucous production; and even loss of sense of smell.**

.....

However, the usage of antihistamines, our conventional approach to addressing allergies, have many significant side effects. Fortunately, there are natural substances which can successfully address allergy challenges without the side effects found in traditional antihistamine products.

# SEASONAL ALLERGIES AND HAY FEVER

To order or for more  
information, call us at  
855-645-5120

For allergy sufferers, 500 mg of Vitamin C taken 2-3 times daily has been shown to be beneficial against allergies because Vitamin C can expedite the elimination of inflammatory histamine from the body. Quercetin, another natural substance, can serve as a mast cell stabilizer, blocking the release of histamine. Quercetin has also demonstrated a bronchodilator effect, helping to open the airways in individuals with asthma. Aller Calm Complex is a unique formulation containing all of the above ingredients as well as additional ingredients in a single tablet that supports allergy and asthma relief. Aller Calm Complex has been shown to be effective in most patients with allergies and asthma, and to be safe and effective in both children and adults.



**Central Rexall Drugs**  
125 East Thomas Street  
Hammond, LA 70401  
985-345-5120  
[www.centraldrugs.net](http://www.centraldrugs.net)

- Aller Calm Complex
- Omega-3 Fish Oil Enteric Coated,  
High Potency
- Quercetin Plus
- Probiotics Daily Support
- Vitamin C Esterified 500 mg