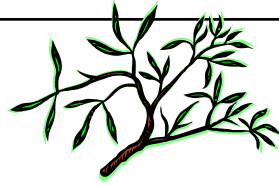


ALLERGIES . . .



An allergy is an **overreaction of the immune system** against a normally harmless substance, such as pollen. People with allergies have a hyper-alert immune system that overacts to a substance in the environment called an allergen. The immune system reacts as if the substance is harmful.

If the allergen is in the air, the allergic reaction will occur in the eyes, nose, and lungs. If the allergen is ingested, the allergic reaction will occur in the mouth, stomach, and intestines.

Symptoms

Itchy Eyes, Coughing, Nasal Congestion, Trouble Breathing, Sneezing, Itchy Nose, Nasal Drip, Hives

Allergy Triggers

Pollen, Grasses, Weeds, Dust Mites, Mold, Animal Dander, Insect Stings and Certain Foods

Sunrider whole foods and diet changes are the most beneficial and may be the quickest way for relief and control of allergies!

CONCO

Respiratory system food. Protection against colds and flu, various allergies & congestion. Conco acts like an anti-histamine. 6 to 10 caps is recommended. For severe cases increase to 20 or more caps daily. Conco, when added to NuPlus, Alpha 20C and Prime Again have shown remarkable success in regenerating and improving the body's overall health.

ALPHA 20C

Defense system food. Helps fortify the immune system to protect against infections, allergies, colds, flu and infections. Reduces swollen lymph nodes. 6 caps daily. Also available in powder form. Take extra during cold and flu season.

PRIME AGAIN

Endocrine system food. Addresses the endocrine system with the "fire" element herbs to help support the body's hormone balance. Relief of allergies and hay fever. Greater ability to handle stress, increased energy and improved emotional stability. Improved drive and energy. 6 caps daily.

SUNNY FRESH

Nourishes the lining of the throat and lungs. A unique formula to soothe and revive a dry scratchy throat and help relieve coughing and congestion. Helps to open sinus passageways, soothe sore throats and remove phlegm. Take small sips and hold before swallowing. Enjoy 1 or 2 vials daily.

SUNBREEZE OIL

Concentrated menthol, camphor and cassia oils. Extremely useful for sinus congestion, sore throat, headache and muscle tension. In addition to rubbing the oil on the temples, neck and chest, put a dab of the oil on the tongue and breathe deeply. Add 2 drops to a warm cup of Calli and drink.

