



## Clinically Tested Seasonal Relief Non-Drowsy

**PRODUCT INFORMATION:** ALLERVARX™ is a patented, controlled release Dietary Supplement containing Quercetin, Vitamin D3 and dry extract of Perilla intended to provide immune system support, enhance the body's natural defenses and support balanced histamine levels. ALLERVARX™ is non-drowsy and gentle on the stomach.

ALLERVARX™ taken daily either seasonally or year round:

- May promote healthier respiration and boost the Immune System\*
- May promote clearer airway passages and better breathing\*
- May reduce ocular itching and potential of sneezing\*
- May promote respiratory health\*

**DIRECTIONS FOR USE:** Take 2 tablets per day, or as recommended by your healthcare professional. Tablets should be taken once in the morning and once in the evening with a meal.

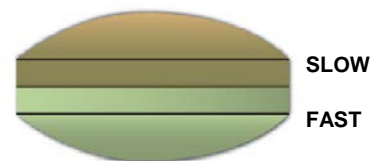
**WARNINGS AND PRECAUTIONS:** Please talk to your doctor before taking AllerVarx™. AllerVarx™ is not a drug- it is a dietary supplement. In a published clinical trial, AllerVarx™ has been used safely with minor side effects. Do not use if you are allergic to any ingredients of AllerVarx™. Pregnant women and women who are nursing should not take supplements including AllerVarx™ without first talking to their doctor. Do not exceed the recommended dose. Take with food.

KEEP OUT OF REACH OF CHILDREN.

**DESCRIPTION AND MECHANISM OF ACTION:** ALLERVARX™ is a synergistic formula containing ingredients known for having anti-inflammatory and anti-histaminic effects in a patented bi-layer formulation.

**BI-LAYER FORMULATION** to control release of ingredients.

- Sustained-release (slow) lipidic matrix layer to control Quercetin and Vitamin D<sub>3</sub> bioavailability over time.
- Fast-release layer to allow rapid (fast) antihistaminic activity of Perilla.

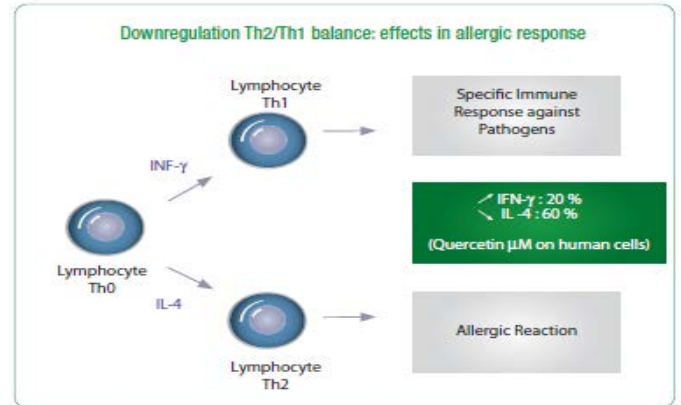
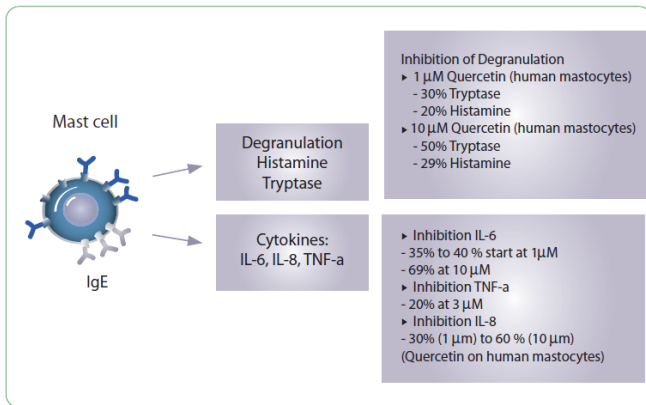


**VITAMIN D<sub>3</sub>** contributes to the normal functioning of the immune system. Vitamin D<sub>3</sub>, acts both on lymphocytes T and B, and on dendritic cells, regulating the immune response and reducing inflammatory responses<sup>(1-3)</sup>.\*

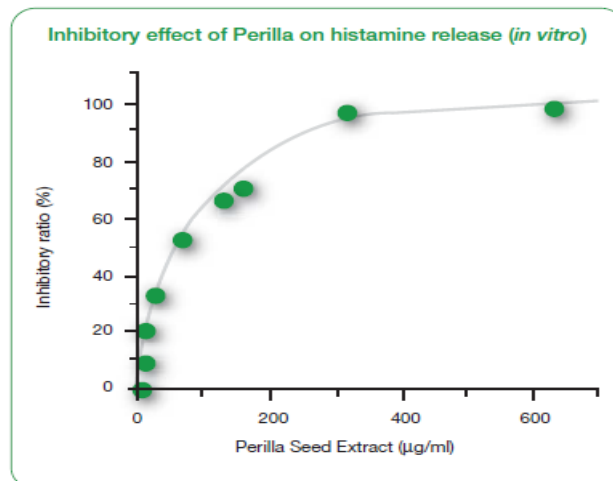
**QUERCETIN** is a natural occurring flavonoid used as a natural antihistamine without causing drowsiness<sup>(4-5)</sup>. QUERCETIN has been shown to:

- Inhibit the recruitment of mast cells (inhibition of cytokines and chemokines)<sup>(4)</sup>.
- Stabilize the mast cells and block their degranulation to prevent the release of histamine (cause of symptomatic allergic effects)<sup>(5)</sup>.\*

- Downregulation Th2/Th1 balance by decreasing the Th2 response (allergic reaction) and inhibiting Ig-E production and subsequent mastocyte activation<sup>(6)</sup>.\*



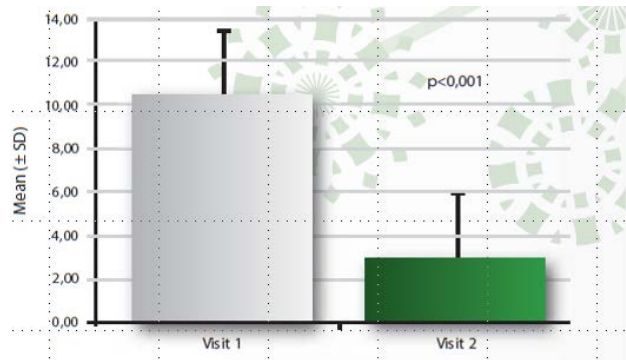
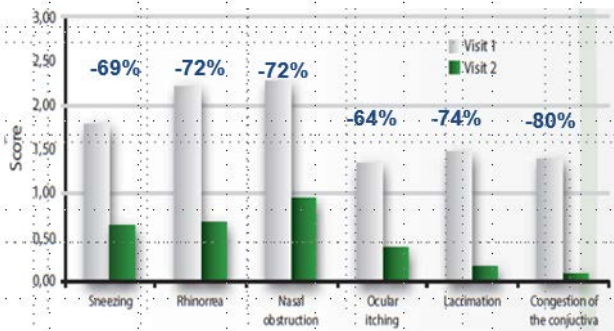
**PERILLA FRUTESCENS** is a plant that has shown both *in vitro* and *in vivo* to affect histamine release and expression of interleukins (IL-6, TNF- $\alpha$ )<sup>(7-10)</sup>. Perilla selectively inhibits 5-lipoxygenase, a key enzyme in one of the pathways of inflammation<sup>(11)</sup>.\*



**CLINICAL EXPERIENCE:** ALLERVARX<sup>™</sup> was studied in an open label, observational clinical study. Seasonal signs and symptoms were measured using the Total Symptoms Score and Scale (TSS) graded from 0-3.<sup>†</sup> Subjects reported statistically significantly greater improvements in individual nasal and/ ocular symptoms (sneezing, rhinorrhea, nasal obstruction, ocular itching, lacrimation, and congestion of the conjunctiva) following 30 days of use, taken twice daily compared to baseline (Fig. 1). A highly significant reduction (-70%,  $p < 0.001$ ) in total symptoms was also demonstrated by end of study (Fig. 2).

Fig. 1: Reduction in individual symptom scores

Fig. 2: Average total symptom score



Reported use of other anti-allergic drugs decreased by 73% compared to baseline supporting the use of ALLERVARX™ for healthy immune system support.†

ALLERVARX™ was well tolerated with no reported side effects.†

†Single-center, open label, observational study in adults with a confirmed history of allergic rhinitis. Primary study endpoint measured changes in ARC using TSS score from baseline.

‡Adult TSS assessed 6 parameters graded from 0-3. 0= no episodes; 1=1-5 episodes/day; 2=6-10 episodes/day; 3=≥ 11 episodes/day.

**HOW SUPPLIED:** ALLERVARX™ double layered, controlled release coated tablets are provided in a carton containing 60 tablets (30 day supply).

## Supplement Facts

Serving Size 2 tablets  
Servings Per Container 30

	Amount per Serving	%DV
Vitamin D <sub>3</sub>	10 mcg (400 IU)	67%
Quercetin	300 mg	+
Perilla (seed) dry extract	160 mg	+

+Daily Value (DV) not established

Other ingredients: Maltodextrine; Bulking agent: microcrystalline cellulose (cellulose gel); vegetable stearin; Anti-caking agent: magnesium stearate, cross-linked carboxymethyl cellulose, silicon dioxide, talc; Coating agents: ethylcellulose, carnauba wax.

**STORAGE AND HANDLING:** Store at room temperature. Avoid exposure to excessive heat.

**\*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.**

1. Lange, Nancy E et al. "Vitamin D, the Immune System and Asthma." *Expert review of clinical immunology* 5:6 (2009): 693-702. PMC. Web. 5 Jan. 2017. 2. Hewison, Martin. "Vitamin D and the Immune System: New Perspectives on an Old Theme." *Endocrinology and metabolism clinics of North America* 39:2 (2010): 365-379. 3. Jeffery, Louisa E et al. "1,25-Dihydroxyvitamin D3 and Interleukin-2 Combine to Inhibit T Cell Production of Inflammatory Cytokines and Promote Development of Regulatory T Cells Expressing CTLA-4 and FoxP3." *Journal of immunology* (Baltimore, Md. : 1950) 183:9 (2009): 5458-54.4. Chirumbolo S. "The Role of Quercetin, Flavonols and Flavones in Modulating Inflammatory Cell Function." *Inflammation & Allergy-Drug Targets*. 2010, pp. 263-285(23). 5. Shaik YB, ML Castellani ML, et al. "Role of quercetin (a natural herbal compound) in allergy and inflammation." *Journal of Biological Regulators and Homeostatic Agents* [2006, 20(3-4):47-52]. 6. *Biochimica et Biophysica Acta* 1822 (2012) 21-33 Mast cells and inflammation Theoharis C. Theoharides, Konstantinos-Dionysios Alysandratos, Asimena Angelidou, Danae-Anastasia Delivanis, Nikolaos Sismanopoulos, Bodi Zhang, Shahrzad Asadi, Magdalini Vasiadi, Zuyi Weng, Alexandra Miniati, Dimitrios Kalogeromitros. 7. *ADVANCES in orthomolecular research - Volume 3 Issue 5 Perilla: An Allergy Fighting Herb*. 8. *Immunopharmacol Immunotoxicol*. 2000 Aug;22(3):489-500. Inhibitory effect of mast cell-mediated immediate-type allergic reactions in rats by *Perilla frutescens*. Shin TY, Kim SH, Kim SH, Kim. YK, Park HJ, Chae BS, Jung HJ, Kim HM. 9. *Arerugi*. 1993 Jan;42(1):74-80. Effects of *Perilla frutescens* extract on anti-DNP IgE antibody production in mice. Imaoka K, Inouye S, Takahashi T, Kojima Y. 10. *Biol Pharm Bull*. 2002 Sep;25(9):1197-202. Luteolin as an anti-inflammatory and anti-allergic constituent of *Perilla frutescens*. Ueda H, Yamazaki C, Yamazaki M. 11. *Patent US 6217875B1*. 12. *Phytother Res*. 2003 Mar;17(3):240-3. Anti-allergic effect of *Perilla frutescens* and its active constituents. Makino T, Furuta Y, Wakushima H, Fujii H, Saito K, Kano Y. 13. Ariano R. Efficacy Of A Novel Food Supplement In The Relief Of The Signs And Symptoms Of Seasonal Allergic Rhinitis And In The Reduction Of The Consumption Of Anti-Allergic Drugs. *Acta Biomed*. Vol. 86, N. 1, April 2015.

Manufactured for:  
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San Diego, CA 92122

Product of Italy

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innovus pharma