



Aller-Essentials

Introduced 2008



What Is It?

Aller-Essentials is designed to maintain healthy immune function in response to the environment, including healthy mast cell function, nasal function, cytokine balance and immune cell activity.*

Uses For Aller-Essentials

Immune Response: EpiCor® *Saccharomyces cerevisiae* fermentate contains numerous immune enhancing bioactive metabolites designed to support both innate and adaptive immune response. Research suggests that it enhances natural killer cell activation, B cell and T cell function, and salivary IgA levels. In a double-blind, placebo-controlled trial involving 96 subjects, EpiCor® supported nasal comfort during a 12-week period in the spring. Additionally, it supported salivary IgA levels, an important first line defense produced by the mucosal tissue. In a randomized double blind trial involving 75 individuals, *Tinospora cordifolia* provided significant support for a healthy immune response by maintaining normal nasal function as well as healthy neutrophil and eosinophil activity. A randomized double-blind, placebo-controlled trial involving apple polyphenols reveals support for maintaining a healthy nasal lining and nasal function. Quercetin, hesperidin and vitamin C provide additional support for stabilizing mast cells.*

What Is The Source?

Vitamin C is derived from corn dextrose fermentation. *Tinospora cordifolia* extract is derived from roots and stem and standardized to contain 2.5% bitter principles. Quercetin is derived from the Fava d'anta tree (*Dimorphandra mollis*) pods and Cat's claw (*Uncaria tomentosa*) leaves. Hesperidin methyl chalcone is derived from sweet orange. EpiCor® dried yeast fermentate complex is derived from *Saccharomyces cerevisiae*. Apple extract is derived from *Malus pumila mill* whole fruit and standardized to contain 75% polyphenols. Maltodextrin is derived from corn. Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil.

Recommendations

Pure Encapsulations® recommends 2-4 capsules daily, with or between meals, in divided doses, or as directed by a health professional.

Are There Any Potential Side Effects Or Precautions?

Hesperidin and vitamin C have been associated with G.I. upset. Vitamin C may be contraindicated for people with a history of oxalate kidney stones. In one clinical trial, *tinospora cordifolia* was reported to cause headache in a small number of individuals. If pregnant or lactating, consult your physician before taking this product.

Are There Any Potential Drug Interactions?

Tinospora and quercetin are contraindicated with immune suppressive medications. Individuals taking Tinospora with hypoglycemic medications may require monitoring. Quercetin may be contraindicated with certain antibiotics. Consult your physician for more information.

Aller-Essentials

two vegetarian capsules contain  v 00

vitamin C (as ascorbic acid).....	250 mg
Indian tinospora (<i>tinospora cordifolia</i>) extract (aerial parts).....	450 mg
EpiCor® dried fermentate.....	250 mg
(from <i>Saccharomyces cerevisiae</i>)	
quercetin.....	125 mg
hesperidin methyl chalcone	100 mg
apple (<i>malus pumila</i>) extract (whole fruit).....	50 mg
(standardized to contain 75% polyphenols)	
other ingredients: hypoallergenic plant fiber (cellulose), ascorbyl palmitate, maltodextrin, vegetarian capsule (cellulose, water)	

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EPICOR® is a registered trademark of Embria Health Sciences, L.L.C.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease. 800-753-2277 | PureEncapsulations.com