

VEGETARIAN FORMULAS

PRODUCT INFORMATION

Product Name:

Aller-Plex

NPN:

EN 135280

Galenic Form:

Vegetable cellulose capsules

Format:

Bottles of 120 vegetable capsules.

Ingredients:

Each capsule contains:

Quercetin (<i>Sophora japonica</i>) bud.....	350 mg
Nettle (<i>Urtica dioica</i>) aerial parts 2:1 extract (equivalent to 500 mg raw herb)	250 mg
Bromelain (<i>Ananas comosus</i> , pineapple fruit) providing 200 GDU*.....	100 mg

* Gelatin Digesting Units

Non-medicinal ingredients:

Hypromellose, silicon dioxide, stearic acid.

This product does not contain dairy, egg, gluten, shellfish, soy, sulfites, animal derivatives or artificial colours, flavours or preservatives.

Formula Rationale:

RxBalance™ Aller-Plex combines the best available ingredients aimed at allergic rhinitis, respiratory allergies, and adjuvant symptoms.

Quercetin is thought to affect membrane permeability and inhibit membrane-associated enzymes such as ATPases, phospholipase A2, and prostaglandin cyclooxygenase.

Quercetin's anti-inflammatory activity appears to be due to its antioxidant and inhibitory effects on inflammation-producing enzymes (cyclooxygenase, lipoxygenase) and the subsequent inhibition of inflammatory mediators, including leukotrienes and prostaglandins. Leukotrienes have a particularly important role to play in inflammation of the respiratory tract. Quercetin also inhibits histamine release by mast cells and basophils, thereby contributing to the anti-allergic, anti-inflammatory activity.

Quercetin's mast-cell-stabilizing effects make it an ideal choice in preventing histamine release in allergy cases, similar to the synthetic flavonoid analogue cromolyn sodium.

There is evidence that nettle above-ground parts improve symptoms of allergic rhinitis. In one study, starting nettle at the first sign of symptoms provided subjective improvement. The leaves also contain beta-sitosterol and the flavonoids quercetin, rutin, and kaempferol, among others. The aerial parts of nettle have a variety of pharmacological effects, including analgesic, anti-inflammatory, local anesthetic, hemostatic antibacterial, and antiviral.

Bromelain inhibits the biosynthesis of pro-inflammatory prostaglandins. It may activate plasmin production from plasminogen and reduce kinin, via inhibition of the conversion of kininogen to kinin. Preliminary studies suggest that

bromelain helps reduce congestion, improve breathing and suppress coughing. The German Commission E has approved bromelain as a complementary treatment for nasal and sinus swelling and inflammation after ear, nose and throat surgery. A review of three well-designed studies found that bromelain may help relieve sinusitis symptoms.

Overall, the formula has anti-histaminic, anti-inflammatory and tissue repair effects, making it an ideal formula for allergic rhinitis, other forms of rhinitis as well as sinusitis.

Primary indication(s):

Used in herbal medicine to help relieve seasonal allergy symptoms. Used for the relief of the symptoms of sinusitis.

Secondary indication(s):

Chronic allergic sinusitis. Other histamine-mediated allergic reactions of the respiratory tract or skin. Most inflammatory conditions.

Recommended dosage:

Adults: Take 1 capsule three times daily or as directed by a health care practitioner.

Complements:

Liv-tox, HM Dtox

Caution:

Do not use if you are pregnant, breastfeeding, allergic to pineapple or if you are taking blood thinners. Consult a health care practitioner if symptoms persist or worsen. Hypersensitivity (e.g. allergy) has been known to occur; in which case, discontinue use.



Dr. Crisafi's comments:

Though the ideal situation in any natural medical approach is to isolate and eliminate the underlying cause of the problem, respiratory symptoms often present a unique challenge due to the constant respiratory aggressors present in our environment. We can cover our skin if it is aggressed, but unless we stop breathing or wear a mask both indoors and outdoors, air borne pollutants and micro organisms continue to aggress our respiratory tract. It therefore becomes essential to reduce the inflammatory process rapidly in order to compensate for these airborne challenges. Aller-Plex, rather than having an exclusively symptomatic approach, helps compensate for the many respiratory irritants with which we are faced daily by reducing allergic reaction, diminishing inflammation and encouraging repair.

The Aller-Plex formula is particularly interesting in its rapid effects for those who wish to reduce their allergic reactions while nevertheless offering several other complementary healing effects and none of the side-effects of prescription anti histamine drugs.

Quercetin has antioxidant, anti-inflammatory, anti-carcinogenic, and cardioprotective effects. Stinging nettle leaf extract improves symptoms of pain in patients with osteoarthritis and the German Commission E has approved Stinging nettle in the treatment of the symptoms of BPH. Stinging nettle, it should be noted, is also a valuable source of Quercetin. Bromelain contains constituents that slow the growth of cancer cells and inhibit platelet aggregation. Of course, Bromelain is well documented for its anti-inflammatory activity as well as its wound healing effects.

Even a superficial perusal of the monographs for the medications used in treating seasonal allergies as well as other respiratory allergies will highlight the potential side effects. Most of these medications block normal physiological reactions thereby causing a potentially negative biochemical cascade with its associated symptoms. Aller-Plex has none of these drawbacks.

Selected References

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