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COMPOUNDS – VITAMINS PRODUCT RANGE

## Anallergon

*Box of 100 capsules*

Anallergon is a complex micronutrient with antiallergic effects composed of vitamins, minerals and other natural elements essential to the proper functioning of the immune system. By its antihistamine and anti-inflammatory action, Anallergon is an effective response to allergy problems.

Anallergon is thus suitable for all types of allergies: seasonal allergies (hay fever), asthma, eczema, urticaria of allergic origin, hypersensitivity to insect bites. In cases of chronic allergy, a three months cure repeated for three consecutive years will be required, always with the same dosage.

### What is allergy?

To maintain its internal equilibrium, any organism must manage its relationship with the environment. In order to do this, it can count on a complex immune system that allows to recognize the stressors out of the mass of all the others. Thus, developing strategies to eliminate the former before they could have a deleterious effect on the organism as it establishes relationships leading to fruitful exchanges or mutual tolerance with latter.

Allergy is therefore an abnormal and / or exaggerated response of the body to one or more substances from the environment. This is a sign of failure of the immune system.

In recent decades, allergic phenomena are increasing in frequency to be become a serious public health problem. If the allopathic treatments manage to induce a significant reduction in disabling symptoms, they fail to actually cure the disease. The long term cures as well as the crisis remedies are commonly pursued for years. With their usual trail of more or less severe side effects.

### Action of Anallergon:

The food supplementation can significantly improve the situation, thereby allowing an important reduction or even the discontinuation of allopathic medicines. However, it takes some time for the effects to be visible, the time for the various deficiencies in essential micronutrients to be addressed and met.

That is why, in addition to adopting a healthy lifestyle (the Mediterranean diet, a stress management activity), it is recommended:

- In case of seasonal allergic disorders, begin the supplementation 2-3 months before the start of seasonal allergic disorders, continue during the full time of the seasonal crisis and at least for a month and a half after its end.

- In case of chronic allergy, begin the supplementation at the earliest, knowing that it takes about 3 months to assess its effectiveness.

- Anallergon has been designed in this spirit, starting from substances naturally occurring in food for which a number of studies have sufficiently established their involvement in the resolution of allergic phenomena.

- Quercetin: it inhibits the production of histamine, one of the main mediators of allergy (a relationship has also been established between high quercetin-rich food consumption and decreased asthma). Furthermore, quercetin is a powerful antioxidant and anti-inflammatory. Unfortunately, quercetin is poorly absorbed by the intestinal mucosa. However, there is a trick to overcome this obstacle, it is to associate it with the bromelains of the pineapple.

- Bromelains: proteolytic enzymes, are well known for their anti-inflammatory action, but also to facilitate the intestinal absorption of quercetin. When bromelains and quercetin are associated, their anti-inflammatory action competes with some non-steroids anti-inflammatory drugs (NSAIDs) <sup>(1)</sup>.

- Vitamin C and Vitamin E: when quercetin is associated with vitamins C and E, its antioxidant power is further increased <sup>(2)</sup>.

- Vitamin D: it not only protects against viral infections, but it prevents from excessive inflammatory reactions.

- Magnesium (glycinate): historically, this mineral is one of the first remedies for allergy, long before the era of steroids and antihistamines. In addition, it intervenes in the synthesis of serotonin, whose deficiency is responsible for anxiety and irritability, two factors well known in the worsening of allergic phenomena.

- As a glycinate - therefore liposoluble - not only it is not immediately eliminated in the urine, but it crosses better the cell membranes where it really has an action.

- Vitamin B6 and Taurine: two essential magnesium fixatives.

### Instructions:

Recommended dosage: Two capsules in the morning, and two in the evening, preferably 5 minutes before meals.

### Composition:

Quercetin, Magnesium glycinate, Natural vitamin C, Bromelain, Taurine, Natural Vitamin E, Vitamin B6, Vitamin D3, Silicon.

### Recommended Association:

*Boswellia serrata*: This plant used in Ayurvedic medicine since immemorial times, has a wide range of anti-inflammatory virtues, particularly for the intestine and bronchi. Also, in cases of allergic conditions coexisting with hyperpermeability of the intestinal mucosa, it is advisable to associate *Boswellia* extract with Anallergon at a dosage of 4 capsules per day 2 capsules in the morning and 2 in the evening.

**References:**

1) JP Tarayre, H Laressergues : «Advantages of a combination of proteolytic enzymes, flavonoids and ascorbic acid in comparison with non-steroid anti-inflammatory agents» dans «Arzneimittelforschung»,1977 ; 27(6), pp. 1144-1149.

2) B Stavric : «Quercetin in our diet : from potent mutagen to probable anticarcinogen» dans «Clinical Biochemistry» 1994 ; 27, pp. 45-48.

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