

# The Professional Educator™

March - April 2008

## Allergy Symptom Relief



**By Dr. Konrad Kail**

Spring is just a few weeks away. Along with all the spring plants come the spring pollens; and along with the pollens come the allergy symptoms. Now that many over the counter decongestant, antihistamine and cough formulas have been removed from the market or restricted; many people are looking for more natural relief for their allergy symptoms.

I am presently conducting a clinical trial on ALLER-ALL™ a Protocol for Life Balance™ product for control of allergic symptoms. Although the trial is still in process, preliminary results show that: when taken as 3 tablets three times a day, this phyto-nutrient product is effective in rhinoconjunctivitis.

The ingredients for this formula are supported by the medical literature. Stinging nettle (*Urtica dioica*) has been shown to block histamine release from mast cells. In a *Planta-Medica* journal article in 1990 Paul Mittman, N.D., showed that nettle was useful to treat allergic rhinitis. This formula provides 500 mg of nettle (standardized to 30 ppm scopoletin) per 3 tablets. This is a safe and natural alternative supporting a healthy histamine response to many over the counter formulas.

To reduce inflammation in general, bromelain (pineapple enzyme) breaks down inflammatory proteins; and quercetin, a flavonoid that has been shown to reduce inflammation by inhibiting arachidonic acid and leukotrienes, have been included. This formula provides 800 mg per 3 tablets of quercetin and 500 mg bromelain (2000 GDU). This is similar to the structure/function action of drugs like Singulair™.

Your adrenal glands are your own internal anti-inflammatory (steroid producer). Allergy/sensitivity disease severely stresses your adrenal glands. Licorice extract (*Glycyrrhiza glabra*) 200 mg and Pantothenic acid (vitamin B5) 100 mg are included for adrenal support. Vitamin C, Vitamin B6, Magnesium and Zinc catalyze many anti-inflammatory reactions and are included to facilitate anti-inflammatory pathway performance.

It takes a few doses of the supplement to “load” your internal anti-inflammatory pathways; but you should expect some relief within 24 hours. So far, none of the study participants have experienced side effects.

ALLER-ALL™ is a well balanced phytonutrient supplement that provides relief for allergy symptoms. The ingredients are known for their ability to normalize the body’s leukotrienes and histamine responses, modulate inflammatory responses to allergic stimuli, and support the body’s immune function.\*

<b>Supplement Facts</b>	
Serving Size 3 Tablets	
Servings Per Container 20	
	Amount Per Serving
Vitamin C (as Magnesium Ascorbate)	500 mg
Vitamin B <sub>6</sub> (as Pyridoxine HCl)	20 mg
Pantothenic Acid	100 mg
Magnesium (as Magnesium Ascorbate)	40 mg
Zinc (as L-OptiZinc® Monomethionine)**	10 mg
Quercetin	800 mg
Nettle Extract ( <i>Urtica dioica</i> ) (Root) (Standardized to 30 ppm Scopoletin)	500 mg
Bromelain (2000 GDU)	500 mg
Licorice Extract ( <i>Glycyrrhiza glabra</i> ) (Root) (4:1 Extract)	200 mg

Other ingredients: Calcium Carbonate, Stearic Acid (vegetable source), Croscarmellose Sodium, Cellulose, Silica and Magnesium Stearate (vegetable source).

\*\*L-OptiZinc® is a patented product of the InterHealth Corp.

Contains no sugar, salt, starch, yeast, wheat, gluten, soy, milk, egg, shellfish or preservatives.

Vegetarian/Vegan Product.



**Aller-All™ Total Seasonal Support**

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

### **NEW!** ProtoSorb-C™ Buffered, Bioavailable Vitamin C

Vitamin C has one of the natural product industry's most rich and interesting histories. Since it was first isolated in 1932, ascorbic acid has been the subject of countless studies, and is now universally regarded as one of our planet's most important nutrient compounds. The ability of Vitamin C to protect healthy human cells and eliminate oxidation is extremely well-documented, as evidenced by the research of Linus Pauling, Irwin Stone, Ewan Cameron, and scores of other renowned scientists.

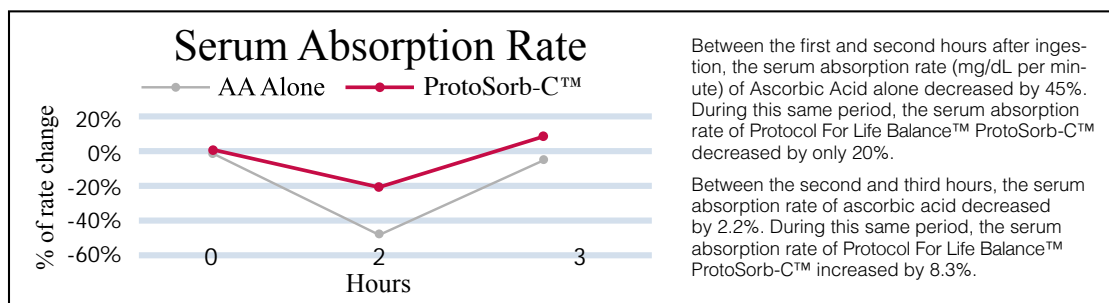
Protocol For Life Balance™ ProtoSorb-C™ contains the vitamin C metabolite threonic acid, which has been shown in various studies to enhance the body's cellular uptake of vitamin C. This buffered, non-acidic supplement is superior, as it contains the most readily available form of Vitamin C in addition to other cellular support compounds. Alpha Lipoic Acid has been added based on its unique fat and water solubility, potent antioxidant properties, and the ability to regenerate Vitamin C within the body. Studies have determined that Alpha Lipoic Acid may enhance the body's ability to better utilize Vitamin C in other ways, such as enhancing absorption through glucose pathways into cells, stimulating utilization in repair and protection activities.\*

Finally, this innovative new Vitamin C formula from Protocol For Life Balance™ contains synergistic Bioflavonoids to ensure that this supplement is well-absorbed and highly effective. Safe and ideal for

vegetarians, Protocol For Life Balance™ ProtoSorb-C™ is the culmination of highly advanced research, as well as the unwavering dedication of individuals who have dedicated their lives to improving Vitamin C and bringing it to the public. At Protocol For Life Balance™, we are 100% confident that this formula represents a breakthrough in the science and potential of Vitamin C. This is a significant advance in Vitamin C bioavailability and therefore Protocol For Life Balance™ has applied for a patent for this formulation.

#### Serving Size 1 Tablet

Vitamin C (from Threonic Acid Enhanced Buffered Calcium Ascorbate)	1.0 g (1,000 mg)
Calcium (from Buffered Calcium Ascorbate)	120 mg
Alpha Lipoic Acid	100 mg
Citrus Bioflavonoids (37% total bioflavonoids as Hesperidin)	75 mg
Acerola Powder	25 mg
Rose Hips Powder (Rosa canina) (Seed)	25 mg
Rutin	25 mg



### **Cardio Nutrition:** Ubiquinol CoQH-CF™

Protocol For Life Balance™ Ubiquinol CoQH-CF™ contains the reduced form of CoQ10, which has been shown in scientific studies to be a highly bioavailable and active antioxidant form of CoQ10. To improve solubility and enhance intestinal absorption, D-Limonene has been added, thus providing superior overall biological value. This unique, reduced form of CoQ10 is easily converted to cellular energy within the body, further allowing its antioxidant and cardiovascular-supporting properties to flourish. A patented softgel delivery system provides substantial protection against oxygenation and oxidative stress, making it possible for higher levels of Ubiquinol to be utilized within the bloodstream.\*

- Shown in Studies to Exhibit Superior Absorption
- Vegetarian Formula
- Contains D-Limonene to Enhance Solubility
- Best Value Available

#### One Softgel Contains:

Ubiquinol (Kaneka QH™) (Reduced Form CoQ10)..... 50 mg\*

## Natural D-3 1,000 iu & 2,000 iu

Vitamin D is normally produced in the skin as a result of exposure to UV light from the sun. However, the use of sunscreens, aging, avoidance of sun exposure, and living in the northern latitudes can significantly reduce vitamin D production by the body. Vitamin D can also be obtained through the diet and some sources include fatty fish, egg yolks, and fortified dairy products.

The major biologic function of vitamin D is to maintain healthy blood levels of calcium and phosphorus. By promoting calcium absorption, Vitamin D helps to form and maintain strong bones. Vitamin D also works in concert with a number of other vitamins, minerals, and hormones to promote bone mineralization. In addition, Vitamin D plays an important role in immune function, helps to regulate cell growth and differentiation.

Indicated for support of bone health and proper cell division.\*



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