



allersode^o

A new approach to allergy symptoms

If you suffer from allergies, you are not alone.

Millions of people are allergic to trees, weeds, grasses, dust, mold, and pets – and the symptom relief options aren't great. Avoiding the activities or pets you love is difficult. Over-the-counter products only seem to mask the underlying problem, and allergy shots are effective but expensive and uncomfortable.

Allersode provides an alternative approach. These easy-to-take liquid homeopathic remedies reduce allergy symptoms by stimulating a response from the immune system.*

Allersode products contain tiny amounts – called micro-doses - of the substances that cause allergy symptoms.* Studies show that micro-dose allergens taken orally reduce symptoms and the need for other medications.¹

This how-to guide provides all the information you need to maximize the benefits of your allersode.

* Claims based on traditional homeopathic practice, not accepted medical evidence. Not FDA evaluated.

Getting Started

Your healthcare provider chose your allersode product specifically for you because it contains micro-doses of the substances that cause your allergy symptoms.

Your first dose is a single drop.

Take it orally as described on the label in the presence of your healthcare professional. Wait 15 minutes to ensure you don't experience an allergic reaction.

If your allergies are more pronounced, or if you aren't able to take the first dose in your healthcare provider's presence, place the first dose on your skin instead of taking it orally.

If your first dose causes an allergic reaction, stop taking your allersode, and consult your healthcare professional.



Phase I



Week 1: Take one drop daily.

Week 2: Take 1-2 drops twice daily.

After week 2: Every few days, increase the amount you take by 1-2 drops twice daily until you reach ten drops twice daily. If symptoms worsen, reduce each dose by 1-2 drops for a few days, then resume working up to ten drops twice daily.

Tips and tricks

It is helpful, but not necessary to avoid the places, plants, or animals that cause your allergy symptoms while taking your allersode.

Phase II

Maintain ten drops twice daily (20 drops total) during your typical allergy season.

What to do if you miss a dose

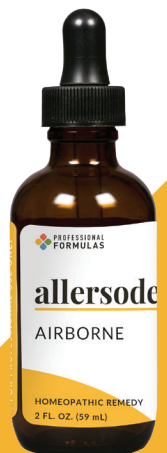
No problem. Skip the dose you missed and resume your regular schedule.

Phase III

After your allergy season, or when symptoms are minimal, gradually reduce your dose until you reach one drop twice daily (2 drops total).

Do you need other supplements?

Ask your healthcare professional. Vitamin C, fish oil, or other products to support your immune health or adrenal glands might be recommended.



Frequently Asked Questions

Why are allersode products liquids?

Allersode formulas contain very small (“micro”) doses of allergens. The liquid ensures consistent mixing and delivery of the allergens for maximum effect.

How do allersodes work?

Allersode products contain micro-doses of the allergens that cause symptoms. The allergens are introduced into the body very slowly so that the immune system doesn’t react. Studies show that micro-dose allergens can reduce symptoms and the need for other medications.¹

How do I take my allersode?

Unless your healthcare professional says otherwise, follow the instructions on the label.

Are allersode products safe?

Micro-dose homeopathic remedies are very safe and will not cause drowsiness. Homeopathic remedies are supported by clinical observations and evaluations, many of which date back more than 200 years. See the label for warnings.

Can I take allersode products with other medications?

Interactions with other medications are rare. Tell your healthcare professional about any other medications you’re taking.

Can children take allersode products?

Allersode products are safe for children over 12. Consult the label and your healthcare professional for dosing instructions.

Why do allersode products contain alcohol?

Allersode products contain a small amount of alcohol as a preservative to keep the product safe. If you want to avoid the alcohol, place your drops in a heated cup and let it stand for 5 minutes. Add a little water before taking the dose.

What if I experience symptoms?

If you experience mild symptoms within 15 minutes of taking your allersode, reduce the dose by one- to two-drops per day for one week. If symptoms persist, continue decreasing the dose. If you experience mild symptoms from contact with anything that causes your allergies, consider over-the-counter symptom relief products. If you experience severe symptoms at any time, stop taking your allersode, and seek immediate medical attention.

Is there an ideal time to start using allersode products?

You can start anytime, but it is ideal to start when you don’t have allergy symptoms, and when you are less likely to have contact with the places, plants, or animals that cause them.

1. Canonica GW, Cox L, Pawankar R, Baena-Cagnani CE, Blaiss M et al. Sublingual immunotherapy: World Allergy Organization position paper 2013 update. World Allergy Organization Journal 2014; 7:6 (28 March). doi:10.1186/1939-4551-7-6