



designs for health®

HISTAENZE™

USED IN HERBAL MEDICINE TO HELP RELIEVE SEASONAL ALLERGY SYMPTOMS

120 VEGETARIAN CAPSULES | NPN80051314 | HIS120-CN



HistaEze™ is designed to help support and counteract some of the main symptoms and immune reactions associated with environmental seasonal allergies (commonly known as hay fever or allergic rhinitis).

KEY INGREDIENTS IN THIS COMPREHENSIVE ALLERGY SUPPORT FORMULA INCLUDE:

Tinofend®

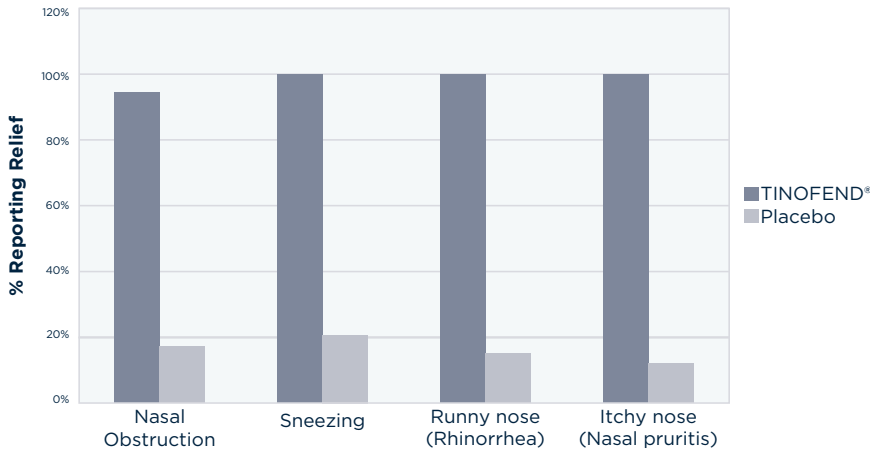
Tinofend®, derived from the plant *Tinospora cordifolia*, has been used since the early 1900s in Ayurvedic medicine for its immunomodulating action. Tinofend® contains a proprietary complex of polysaccharides and polyphenols, and has been clinically shown to regulate key immune mediators and stimulate the activity of macrophages. Oxidative stress reduces the immune system's ability to react to allergens. The polyphenols found in Tinofend® act as potent antioxidants, reducing oxidative stress, and thereby allowing the immune system to perform efficiently. Most allergy treatments work by blocking histamine or leukotrienes, which are pro-inflammatory compounds responsible for allergic symptoms. This symptomatic approach, while initially helpful, does not fully address the underlying cause.

Tinofend® addresses the cause of allergies by increasing the number of phagocytic white blood cells, including macrophages, which help consume and rid the body of allergens, and by reducing the number of eosinophils (cells that contain histamine). The macrophages use phagocytosis to collect antigens which they can present to helper T-cells, alerting the T-cells to the fact that there is a foreign invader in the body, in turn triggering the proper immune response. *Tinospora cordifolia* (TC) reduces allergy symptoms through a multitude of immune regulatory mechanisms, including the activation of macrophages that occurs through TLR6 signaling, NF-kB translocation and cytokine production.

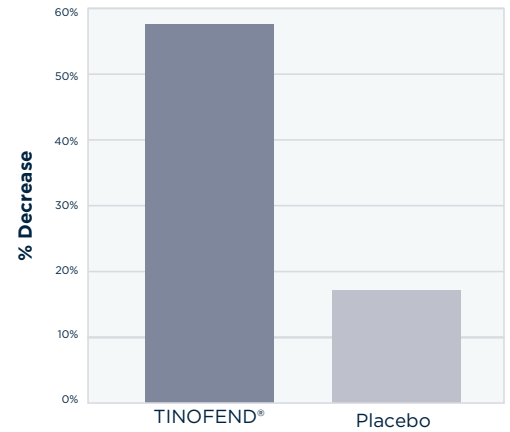
The efficacy of TC extract in patients with allergic rhinitis was assessed in a randomized double-blind placebo controlled trial.¹ Seventy-five patients were randomly given either TC or placebo for 8 weeks. They were clinically examined and Hb% (hemoglobin percentage), TLC (total lymphocyte count), DLC (differential lymphocyte count) and nasal smear were performed. At the end of the trial baseline investigations were

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Placebo-controlled, double-blind clinical study: almost all subjects reported relief in allergy symptoms, compared to only a small percentage in the placebo group who reported relief.¹



Decrease in histamine-containing eosinophils in nasal smear after clinical treatment



repeated, drug decoded and results analyzed. With TC treatment 100% relief was reported from sneezing in 83% patients, in 69% from nasal discharge, in 61% from nasal obstruction and in 71% from nasal pruritus (itching). In the placebo group, there was no relief in 79% from sneezing, in 84.8% from nasal discharge, in 83% from nasal obstruction, and in 88% from nasal pruritus. After TC, eosinophil and neutrophil count decreased and goblet cells were absent in nasal smear.

Quercetin, Nettle Extract & Vitamin C

Quercetin, nettle extract, and vitamin C have been historically used throughout the years to help with the support and management of seasonal allergies.

Quercetin is a plant-derived flavonoid found in many common foods including apple, tea, onion, nuts, berries, cauliflower and cabbage. Quercetin shows anti-inflammatory properties through antioxidant action and inhibition of inflammatory mediators and enzymes, such as lipoxygenase. Quercetin and vitamin C also inhibit the release of histamine, which causes congestion, by basophils and mast cells. Studies have shown an improved lung function and lower risk of certain respiratory diseases (i.e., asthma and bronchitis) in people with high apple (rich in quercetin) intake.

Nettle Extract (*Urtica dioica*) is also known as “stinging nettle” because of the hair-like stingers found on the leaves and stems of the plant. Extracts from stinging nettle contain a number of substances including phenolics and flavonoids such as caffeic acid, malic acid, polysaccharides and silica. These, and many of the other nutritional components in nettle leaf, contribute to its antihistamine effect, which is thought to be achieved through prostaglandin modulation. Nettle extract also contains active compounds that reduce TNF-alpha and other inflammatory cytokines, which may be beneficial in additional inflammatory conditions such as arthritis.

Bicarbonate Salts

Bicarbonate salts are included due to their role as immediate antihistamines, and their ability to mitigate the potential drowsiness experienced by those who may also be taking antihistamine medications.

Medicinal Ingredients (per capsule):

<i>Tinospora cordifolia</i> -Stem (10:1).....	225 mg
Nettle (<i>Urtica dioica</i> -Leaf)	150 mg
Quercetin.....	150 mg
Vitamin C (Ascorbic Acid).....	125 mg
Potassium bicarbonate	75 mg
Sodium bicarbonate.....	75 mg
Potassium (Potassium bicarbonate).....	30 mg

Non-Medicinal Ingredients: Hypromellose, microcrystalline cellulose, magnesium stearate (vegetable source).

Recommended Dose: Adults: Take 2 capsules per day with food, or as directed by your health care practitioner. Do not take for more than 2 weeks. For occasional use only.

REFERENCES

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2. Thornhill SM, Kelly AM. Natural treatment of perennial allergic rhinitis. *Alt Med Rev*.2000;5(5):448-454.
3. Roschek B Jr, Fink RC, McMichael M, Alberte RS. HerbalScience Group LLC, 1004 Collier Center Way, Suite 200, Naples, FL 34110, USA. Stinging Nettle extract *Urtica dioica* affects key receptors and enzymes associated with allergic rhinitis. *Phytother Res*. 2009 Jan 12.
4. Teucher T, et al. Cytokine secretion in whole blood of healthy subjects following oral administration of *Urtica dioica* L. plant extract. *Arzneimittelforschung* 1996 Sep;46(9):906-10.
5. Obertreis B, et al. Ex-vivo in-vitro inhibition of lipopolysaccharide stimulated tumor necrosis factor-alpha and interleukin-1 beta secretion in human whole blood by extractum *urticae dioicae* foliorum. *Arzneimittelforschung* 1996 Apr;46(4):389-94. Published erratum appears in *Arzneimittelforschung* 1996 Sep;46(9):936.

HistaEze™

Natural support for upper respiratory health

HistaEze™ is a blend of nutrients and botanical extracts designed to support a healthy immune response during times of seasonal upper respiratory challenges.

Tinofend®

The key ingredient in this product, Tinofend®, is an extract from the plant *Tinospora cordifolia*, which has been used since the early 1900s in Ayurvedic medicine for its immune-modulating action. Tinofend® contains a complex of polysaccharides and polyphenols that has been shown to regulate key immune mediators and stimulate the activity of macrophages—specialized cells that are a primary part of the immune system.

Additional Highlights: Vitamin C, quercetin, and nettles – All three provide antioxidant benefits and help support the immune system.

Vitamin C

One of the most well-known and widely studied nutrients of our day, vitamin C (ascorbic acid) is a water-soluble vitamin with many functions in the body. Besides its antioxidant and immune-supportive roles, it is necessary for the body to make collagen in bones, cartilage, muscle, and blood vessels. It is a naturally occurring compound found in many plant foods, most notably citrus fruits, berries, pineapple, bell peppers, and broccoli.

Quercetin

Quercetin has been called “king of the flavonoids” because of its powerful antioxidant properties and its ability to promote a healthy response to inflammation. It is found in many foods that are recognized for their health benefits, such as red onions, apples, olive oil, dark berries and grapes, capers, salad greens and culinary herbs, such as dill, cilantro, watercress, and radicchio. (Quercetin contributes to the richly colored pigments in these foods.)

Nettles

Nettles (a.k.a. “stinging nettle”) is a perennial flowering plant which has been employed throughout the ages and across the globe for a wide variety of purposes. Documentation points to its use in ancient Egypt, ancient Greece, and among native peoples in North America. Nettle has been consumed directly, or made into soup or tea. Its high content of vitamin C and iron underlies its immune-supporting effects. Nettle has traditionally been used for supporting respiratory and joint health. It is also a compound with natural abilities to help balance the body’s inflammatory response.

Note: The bicarbonate salts in this formula—potassium and sodium—may help mitigate the potential drowsiness experienced by those who may also be taking antihistamine medications.

Recommended Dose:

Take four capsules daily, two capsules twice per day, or as directed by your health care practitioner.

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