



**Provides seasonal relief and supports healthy sinus, nasal, lung and respiratory function**

### **PATIENT BENEFITS**

- Helps inhibit histamine release
- Eases watery, itchy eyes, sneezing, runny nose and nasal congestion
- Supports irritated sinus and nasal passages
- Promotes healthy lung function

### **UNIQUE PROPERTIES**

Patient One SinusCare supplies a synergistic combination of micronutrients, bioflavonoids, enzymes, amino acids and herbs that provide multi-faceted support for immune function and respiratory health. This formula provides natural support and quick relief for discomfort associated with immune hypersensitivity and histamine release, including watery, itchy eyes, sneezing, runny nose and nasal congestion.

### **KEY INGREDIENTS**

Quercetin, a powerful natural bioflavonoid with strong antioxidant activity, and vitamin C are beneficial for respiratory health. They provide support for stabilizing mast cells that store and release histamine and moderate an exaggerated immune response to allergens. Quercetin inhibits inflammatory enzymes and increases mucus secretion from gastric cells. Vitamin C has been widely studied and is commonly known for its role in moderating the severity or duration of acute immune challenges. This nutrient appears to heighten the immune response to infections, impacting T-cell proliferation. Vitamin C also synergistically improves the ability of quercetin to preserve and increase glutathione levels, reducing oxidative damage. Increasing this potent antioxidant may help reduce nasal obstruction, rhinorrhea and ear fullness.

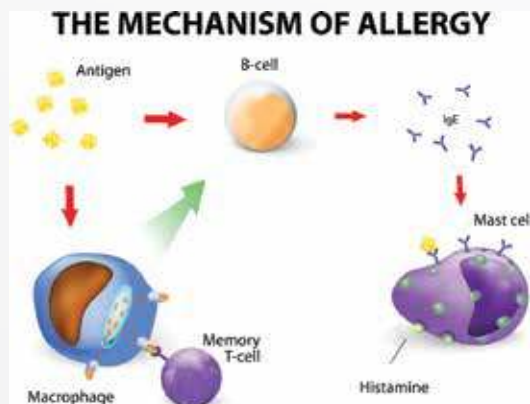
Bromelain, a proteolytic enzyme purified from pineapple, is a supportive nutrient in helping prevent allergens from crossing the gastrointestinal tract. With the assistance of quercetin and vitamin C, bromelain inhibits the absorption of substances into the body that may induce the allergic response. Bromelain supports normal inflammatory

response by hindering the body's production of kinins and fibrin. This natural enzyme contains constituents that help maintain a healthy cytokine balance. Bromelain has also been found to enhance the absorption of quercetin.

Stinging nettle, an herb named for the fine hairs found along its stems and leaves that break off when touched, has been used as a medicinal plant for centuries. Among other things, nettle roots or leaves were traditionally used for wheezing, shortness of breath, throat inflammations and as an expectorant. Nettle's aerial parts may reduce the amount of histamine that is produced in response to an allergen. Stinging nettle leaf has been shown in vitro to inhibit the pro-inflammatory pathways related to allergic rhinitis. Nettle polysaccharides appear to stimulate tumor necrosis factor and T-lymphocyte activity, aiding immune system response.

A derivative of the dietary amino acid L-cysteine, N-Acetyl-L-Cysteine (NAC) has a high affinity for lung tissue, which it supports through mucolytic and antioxidant action. By disrupting disulfide bonds as a result of its sulfur content, NAC naturally thins mucus, which commonly thickens with hyperimmune response. Thinner mucus, along with trapped bacteria and particles, is more easily expelled from the lungs. A precursor to glutathione, supplemental NAC enhances glutathione production and antioxidant protection. NAC is a powerful free radical scavenger and as such supports the body's natural defense system. Research studies support NAC's role in promoting upper respiratory tract and immune system health.

The complementary combination of natural ingredients in SinusCare have been formulated to assist the body in moderating unpleasant immune reactions and support healthy respiration.



## RESEARCH

A randomized, double blinded trial of stinging nettle (*Urtica dioica*) for allergic rhinitis had positive results. It 'may be... a therapeutic adjunct in sinusitis or... a pivotal therapy in patients with a predominantly allergic Chronic rhinosinusitis etiology.'

In a clinical trial, intranasal vitamin C was used for allergic rhinitis. 'After two weeks, 74% of subjects treated... exhibited a decrease in nasal secretions, blockage, and edema, compared to 24% of controls.'

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## Supplement Facts

**Serving Size:** 1 Capsule

**Servings Per Container:** 60

Amount Per Serving	% Daily Value	
Vitamin C (as ascorbic acid)	150 mg	250%
Quercetin (as dihydrate)	225 mg	†
Bromelain (from pineapple) (2400 gelatin digestive units per gram)	70 mg	†
Stinging Nettles Extract ( <i>Urtica dioica</i> ) (leaf) [Standardized for 1% silica]	275 mg	†
N-Acetyl-L-Cysteine	30 mg	†

† Daily Value not established.

\*\* Daily Values are based on a 2,000 calorie per day diet.

**Other Ingredients:** vegetable cellulose (capsule), calcium palmitate, rice flour

**Free of:** milk, egg, fish, peanuts, crustacean shellfish (lobster, crab, shrimp), soybeans, tree nuts, wheat, yeast, and gluten. Contains NO artificial sweeteners, flavors, colors or preservatives. Free of ingredients derived from GMOs.

**Suggested Use:** Loading Dose recommended: Take 2 capsules 3 times per day for 7-10 days.

Maintenance: Take 1 or more capsules daily as needed, with or between meals, or as directed by a healthcare professional.

Acute: Take 2 - 3 capsules as needed.

**Caution:** Do not use if you are pregnant or nursing. If you are taking any medications, consult your doctor before use. Discontinue use and consult doctor if any adverse reactions occur.

GLUTEN FREE

Vegetable Caps



The statements in this document have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

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