

# HistaEze™



## Natural Support for Environmental Allergies

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HistaEze™ is designed to help support and counteract some of the main symptoms and immune reactions associated with environmental 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 1900's 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- B translocation and cytokine production.



The efficacy of *Tinospora cordifolia* (TC) extract in patients with allergic rhinitis was assessed in a randomized double-blind placebo controlled trial<sup>1</sup>. 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 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.

### Supplement Facts

Serving Size 4 capsules  
Servings per container 30

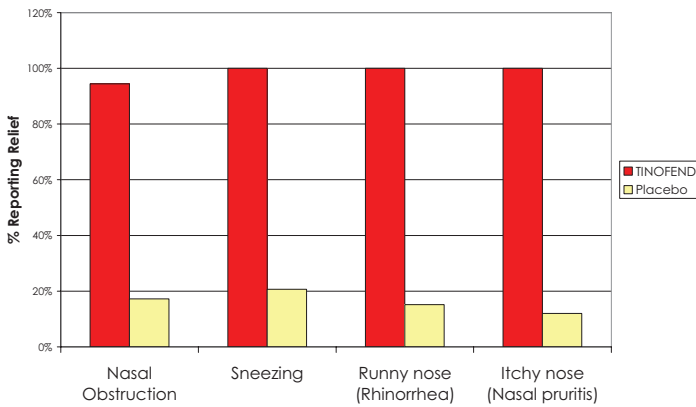
| Amount Per Serving  |        | % Daily Value |
|---|--------|---------------|
| Sodium  | 75 mg  | 3%            |
| Vitamin C<br>(as Ascorbic Acid)   | 500 mg | 833%          |
| Potassium<br>(as Potassium Bicarbonate)   | 120 mg | 3%            |
| Tinofend®<br>( <i>Tinospora cordifolia</i> )(stem)  | 900 mg | *             |
| Nettle Extract<br>( <i>Urtica dioica</i> )(leaf)<br>[standardized to contain 1% silicic acid] | 600 mg | *             |
| Quercetin   | 600 mg | *             |
| Bicarb Salts<br>(as Potassium Bicarbonate 300 mg and<br>Sodium Bicarbonate 300 mg)            | 600 mg | *             |

\*Daily Value not established.

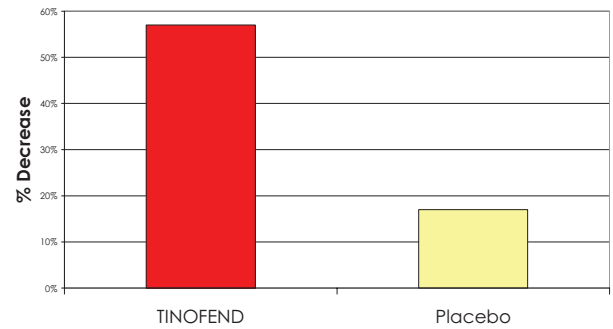
**Other Ingredients:** Microcrystalline cellulose, vegetable stearate.

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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.<sup>1</sup>**



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



## Quercetin and Nettle Extract

Quercetin, Nettle extract (*Urtica dioica*), 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 action by its direct 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 pnenolics 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 other inflammatory conditions such as arthritis.

## Bicarb salts

Bicarb salts were added 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.

**Recommended Use:** As a dietary supplement, take four capsules daily, two capsules twice per day, or as directed by your health care practitioner.

## References

1. V.A. Badar, V.R. Thawani, P.T. Wakode, M.P. Shrivastava, K.J. Gharpure, L.L. Hingorani, R.M. Khiyani. Efficacy of Tinospora Cordifolia in Allergic Rhinitis. J. of Ethno-pharmacology. Nov. 2004 Vol.96 No.445-449
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.