



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

APPLICATIONS / 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

OVERVIEW

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, 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.

N-acetyl-l-cysteine (NAC) is an amino acid precursor to one of the most important antioxidants in the body, glutathione. Both glutathione and NAC help reduce the viscosity of the mucus allowing for clearing of the airways and improved respiratory health. 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 unwanted particles, can be more easily expelled from the lungs.

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: 2 Capsules

Servings Per Container: 30 or 60

Amount Per Serving		%DV*
Vitamin C (as ascorbic acid)	300 mg	333%
Quercetin (as dihydrate)	450 mg	**
Bromelain (from pineapple) (2400 gelatin digestive units per gram)	140 mg	**
Stinging Nettles extract (<i>Urtica dioica</i>) (leaf) [Std. for 1% silica]	550 mg	**
N-Acetyl-L-Cysteine	60 mg	**

* Daily Values based on a 2,000 calorie diet

** Daily Value not established

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

Free of: milk, egg, fish, peanuts, crustacean shellfish, soy, tree nuts, wheat, yeast and gluten. Free of ingredients derived from GMOs.

Suggested Use:

Loading Dose: Take 2 capsules three times daily for 7-10 days or as recommended by your health practitioner.

Maintenance: Take 2 capsules daily or as recommended by your health practitioner. Store in a cool, dry place.

Caution: If you are pregnant, nursing, or taking any medications, consult your health practitioner before use. Discontinue use and consult your health practitioner if any adverse reactions occur. **Keep out of reach of children.**

Gluten Free

Non-GMO

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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