

# Allergena Frequently Asked Questions

## How does Allergena work?

Allergena is a Homeopathic Sublingual Immunotherapy that reduces your body's negative reaction to allergens in your geographic zone. Allergena homeopathic allergy drops build immunity by giving micro doses of what a person is allergic to so the body becomes safely conditioned to tolerate those allergens and reduce allergic symptoms.

## What does "Geographically Zoned" mean?

Allergena trees, weeds and grasses are available for 9 different geographic "zones". Each zone refers to a geographic region of the United States that share common allergens.

## Why are drainage remedies included?

Drainage remedies assist your body in opening up drainage routes to allow the discharge of toxic substances which may have accumulated. Elimination of these toxins can promote an ease of recovery from the effects of allergies.

## How long before Allergena begins "working"?

Some users experience relief during the first two weeks of use. Others realize a reduction of symptoms over six to eight weeks.

## How long should I continue to take Allergena?

Frequent administration of Allergena is important to build immune tolerance. Severe and long term allergy sufferers should begin taking Allergena four to eight weeks before the allergy season at a recommended dosage of 15 drops under the tongue 3 times daily. Two weeks after the season has ended, reduce intake to 15 drops under the tongue 1 time daily.

## Are there any side effects?

There are no known side effects. For extreme sufferers, heightened allergic reaction may occur following administration of Allergena. Do not be alarmed at this response. If you experience a headache after taking Allergena decrease dose to a tolerable level. Then increase dose slowly over a period of two weeks. Please note Allergena contains alcohol.

## Can I take Allergena with other allergy medications?

Yes. There are no known adverse drug interactions.

## What is Sublingual Immunotherapy (SLIT)?

Sublingual Immunotherapy is a method of allergy treatment that uses an allergen solution given under the tongue. Over time, sensitivity to allergens are reduced. In 1998 the World Health Organization concluded that Sublingual Immunotherapy was a viable alternative to the injection route and that its use in clinical practice is justified.

Bousquet J, Lockey R, Malling H (1998). "Allergen immunotherapy: therapeutic vaccines for allergic diseases. A WHO position paper". *J Allergy Clin Immunol* 102 (4 Pt 1): 558-62.

